

ReVive5 WORKSHEET

1. Looking at your T1DDS, what are your highest subscales?
2. Let’s take a look at the items in those scales? Do any really stand out for you?
3. Looking at these items, can you think of a situation or an event that happened recently that captures a particular item?
 - a) DD item
 - b) Recent event or circumstance that captures this item. What happened?
 - c) In this example, ideally what would you *really* want to happen?
 - d) When you reflect on this situation and what actually happened, this is what you felt/thought (DD story).
 - e) So, this is what you did (choices made) and how it turned out.

Describe a recent event that captures a DD item:

WANT TO HAPPEN	FELT/THOUGHT	ACTUALLY HAPPENED
More in range	Afraid	Let things go
Lower BG	Overwhelmed	Gave up
Less Burden	Ashamed	Stayed high
Fewer lows	Doomed	Took more insulin
Less stressed	“Bad Diabetic”	Worked too hard
Eat less/more healthfully	“Damaged/broken”	Ate more carbs
Fewer carbs	“A Burden”	Kept quiet
Exercise more	Frustrated	Injected less insulin
Less consumed with diabetes	Angry	Deprived self
Other _____	“Failure”	Stopped carb counts
	“Am an Idiot”	Declined CGM/pump
	Hopeless	Don’t check BGs
		Binge ate

4. What you did seems to be the result of what you felt, not what you *really* wanted to happen. Do I have this right?
5. If you could make a different choice now, based on what is most important to you, what other options can you choose?
Are you willing to take a small step, even though the tough thoughts and feeling about diabetes may still be there?



