

## 10 Reframes About Chronic Illness

1. Chronic illness has been a dark cloud over my life.

**Reframe: Although having a chronic illness is not easy, there are so many things in my life that bring me joy.**

2. Having a chronic illness is a burden.

**Reframe: I am not going to let my chronic illness stop me from doing the things I love to do.**

3. I can't do anything for myself.

**Reframe: I am going to focus on the things that I can do and take small steps towards the things that are more difficult.**

4. I am completely lost, I don't know who I am anymore.

**Reframe: I can reinvent myself to become an even better version of myself.**

5. I am useless because of my chronic illness.

**Reframe: I am still valuable and I bring great things to the people in my life.**

6. My family use to come to me for everything but now they do not because I am chronically ill.

**Reframe: My family cares about me and views me as an invaluable asset.**

7. Chronic illness has hijacked my life.

**Reframe: I am the director of my life not my chronic illness.**

8. People do not understand my chronic illness.

**Reframe: People are a lot more understanding than we give them credit for, sometimes we just have to talk to people about our condition.**

9. I no longer have purpose in my life because of my chronic illness.

**Reframe: The great thing about purpose is that you can also find another one.**

10. I am so angry because of what my chronic illness has done to my life.

**Reframe: Even in the worst situations in life there is always a silver lining which means happiness is not too far.**