**Appendix B: Element list**

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| … insight into own possibilities.  |
| … insight into effects of own diagnosis. |
| … insight into own restrictions. |
| … insight into effects of own impairment.  |
| … make use of own possibilities/options.  |
| … setting goals in life. |
| … fulfill own goals.  |
| … knowing what is important in life.  |
| ...establish your own life.  |
| … make choices based on own abilities.  |
| … processing the condition.  |
| … acceptance of the condition. |
| … know when help is needed.  |
| … know where to find help.  |
| … ask for help. |
| … control help.  |
| … knowing own limitations.  |
| ... communicating own limitations.  |
| … deal with throw-backs.  |
| … trust own body. |
| … trust own choices. |
| … trust own abilities.  |