

# Identity

Do you think  
you have changed?  
If so, how have you  
changed?



# Identity

What do you  
hope that others will  
say about you if they  
describe you?



# Identity

What makes you,  
and your life,  
valuable?



# Identity

How have you  
grown as  
a person?



# Parenthood

How has being  
the mother or father  
of your child  
changed you?



# Parenthood

Is there enough  
room for being  
together with your  
partner or family?



# Parenthood

What are the most valuable moments for your family?



# Parenthood

What does being  
occupied with your  
child's medical care  
do to you?





# Objectives & expectations

What is  
important  
to you?



# Objectives & expectations

What do you  
aspire to learn  
in life?



# Objectives & expectations

Do you have  
dreams or objectives  
for yourself or  
your family?



# Objectives & expectations

Are there dreams or objectives that you had to let go?



# Those around you and the outside world

Which question  
would you like  
those around you  
to ask?



# Those around you and the outside world

Who pays  
attention to how  
you are doing?



# Those around you and the outside world

At times, do you  
feel lonely or not  
understood by those  
around you?



# Those around you and the outside world

What is a  
release  
for you?





# Being in control & letting go

Do you feel  
you are in control  
of your life?  
Why or why not?



# Being in control & letting go

What is a  
loss for you?



# Being in control & letting go

Do you ever  
feel powerless?  
When?



# Being in control & letting go

What makes you  
feel that you can  
handle life?



# Convictions & uncertainties

Are there questions that you would like answered?



# Convictions & uncertainties

Do you feel it important to know what the future looks like?



# Convictions & uncertainties

Do you have  
a life vision, motto  
or faith that is  
important to you?



# Convictions & uncertainties

Do you look at life differently now because of the illness of your child?





# Decisions & the future

What do you feel is most important for your child?



# Decisions & the future

Do the decisions you make for your child fit in with what you feel is really important for your child?



# Decisions & the future

Are you ever concerned about the future and what will happen if things don't go the way you hoped?



# Decisions & the future

What gives  
you hope?



# Healthcare needs

Are there questions  
or concerns that  
keep you  
awake at night?



# Healthcare needs

What do you  
need to  
keep going?



# Healthcare needs

Do you find it difficult to ask for support when you are experiencing difficulties?



# Healthcare needs

What makes you  
feel supported?





# Cards for reflection



**CONNECT**

Attention to meaning and  
existential questions