* **Use new ways of coping and healing.**
  + *What are some new ways you can cope and be more comfortable?*
* **Find meaning or more spirituality in your life.**
  + *Do you feel like there is meaning and purpose in your life?*
  + *How can you add more?*
* **Get the help you need to manage your symptoms**
  + *How can you be an active member of your health care team?*
  + *What barriers have kept you from getting help when you need it?*
* **Increase social support**
  + *How can your friends and family help you?*
  + *What are some ways you could improve your social life?*
* **Make healthy lifestyle changes.**
  + *What healthy habits for your mind or body do you want to start?*
  + *What is the first step to take?*
* **Learn and prepare for your recovery journey**
  + *How have you grown during this tough time?*
  + *What have you learned about yourself and your life experiences?*