

REBALANCING

Make a list of all the things you do to support the PWA (person with acromegaly). Group them into three categories: easy, moderate, and difficult. As you do, consider both the tactical difficulty of doing something and things that seem hard because they use a lot of mental or emotional resources.

Share your list with your PWA and talk about anything that surprises them. For example, “taking your kids to school” may be in your “difficult” column, but your PWA may think it’s easy for you. After talking through your lists, see if you can adjust any of your tasks and responsibilities.

EASY	MODERATE	DIFFICULT