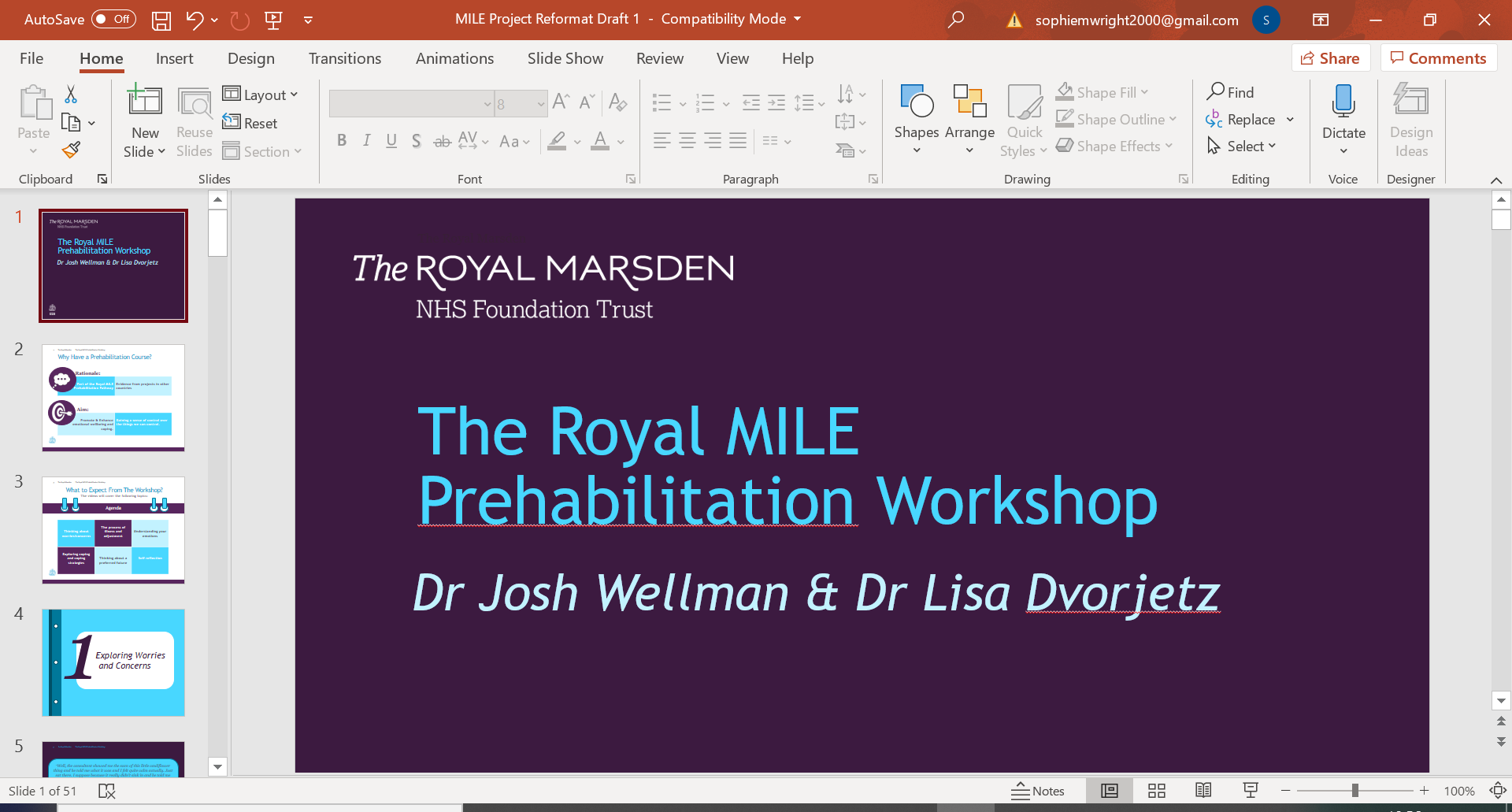
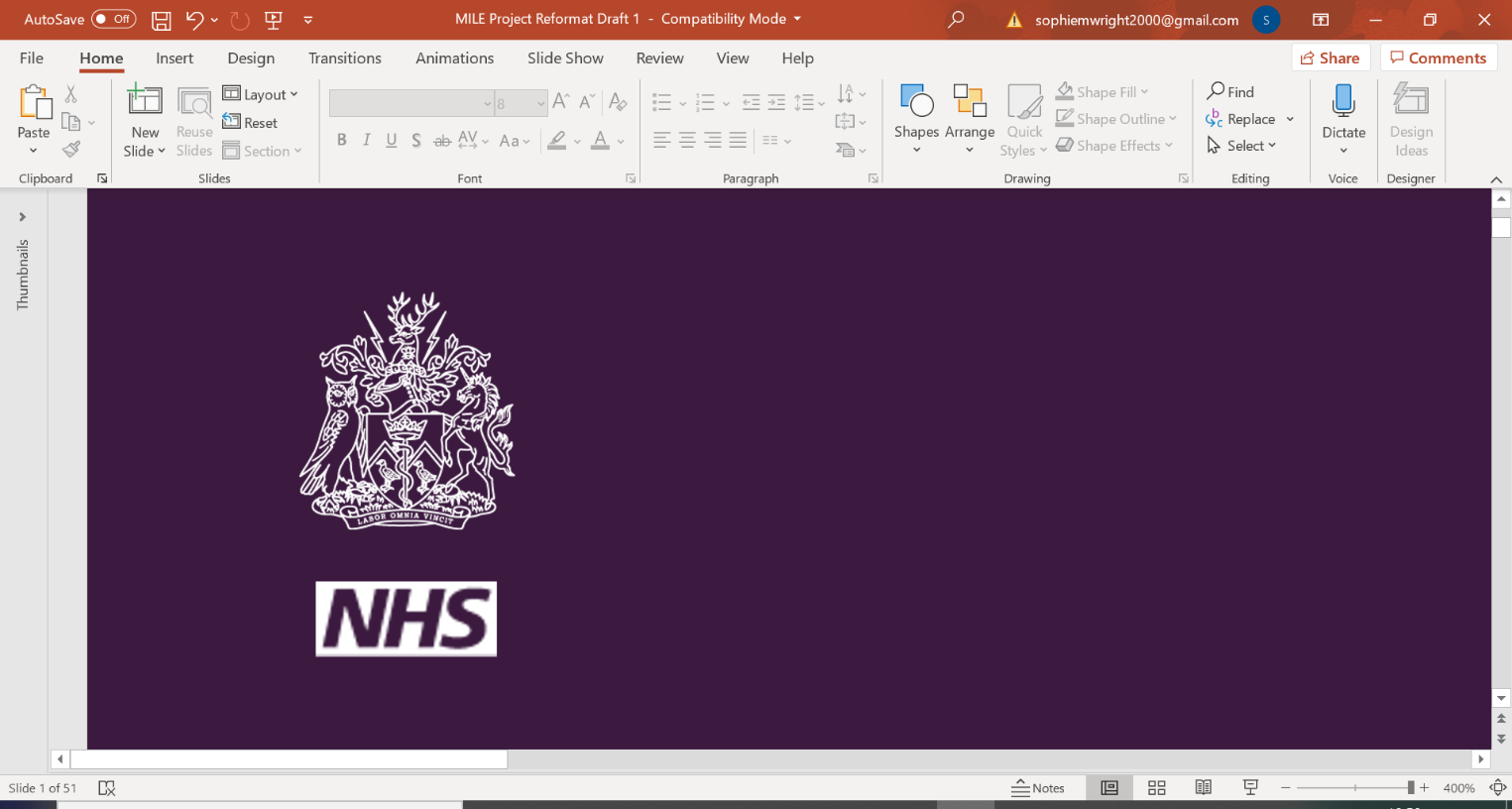
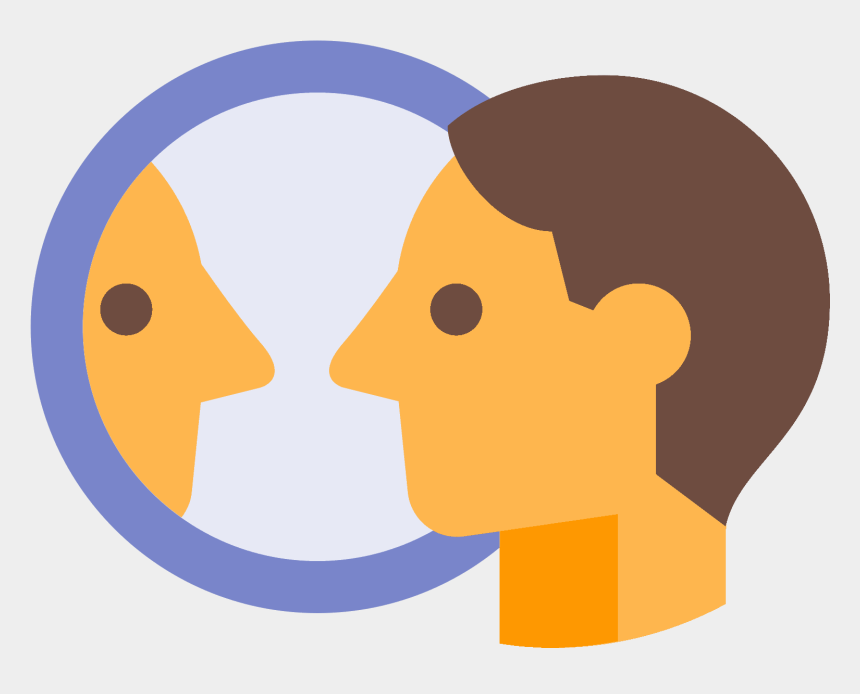
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| *MILE Prehabilitation* |
| *Worksheet 2: Exploring Worries and Concerns* |

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Thinking About Worries/Concerns - Self reflection

Take a few minutes to write some of your reflections of your experience

of your own diagnosis and the questions below:

*What worries did you hear in the stories that you share?*

*What other kinds of worries/ fears have you noticed you are having?*

*When do you notice that worry is more or less present for you, for example, is it triggered by certain situations, places, people or times of the day?*

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*Notes*