

I'd take better care of my diabetes if...

Values in living with diabetes

Hawthorne Diabetes Group 3.17.17
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This is not a lecture

- My talk is collaborative
- I want to learn from you, and hear your thoughts
- Understand how you value & make choices with diabetes

My Assumptions

1. You're the one & only true expert about yourself
 2. Our knowledge & wisdom in this room is powerful
 - exploring it helps all of us to more awareness of valuing & motivate ourselves in our diabetes care
-

A Short Quiz

- Diabetes is the leading cause of blindness, cardiovascular problems, amputations, neuropathy, and depression.
 - **TRUE?** or **FALSE?**
-

- **Poorly controlled diabetes** is the leading cause of blindness, cardiovascular problems, amputations, neuropathy, and depression.

It's False



Our perceptions are important!

Our core beliefs are important!

A little about me



A little about you?

- Types of Diabetes
- T1
- T2
- T3



On paper [or white board]

- Write your 1st Name
 - Your relationship to diabetes –
 - How long?
 - AND
 - 1- 2 things that annoy you about diabetes
 - 1- 2 things you “do well” with diabetes
-

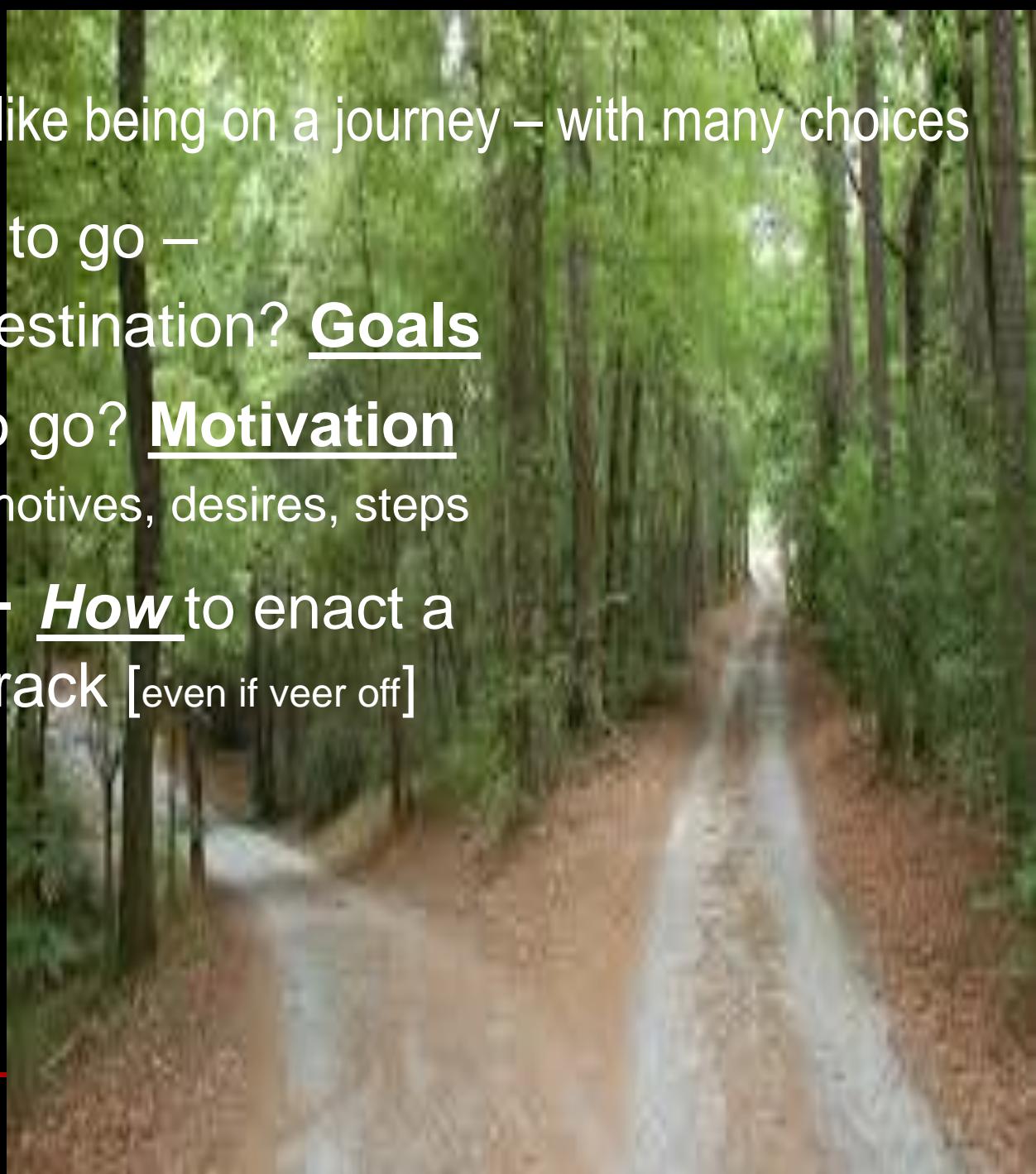
- I'd like you to take a minute to tell a person near you [not a spouse or family member] 1-2 things you dislike or are annoyed with about living with diabetes!

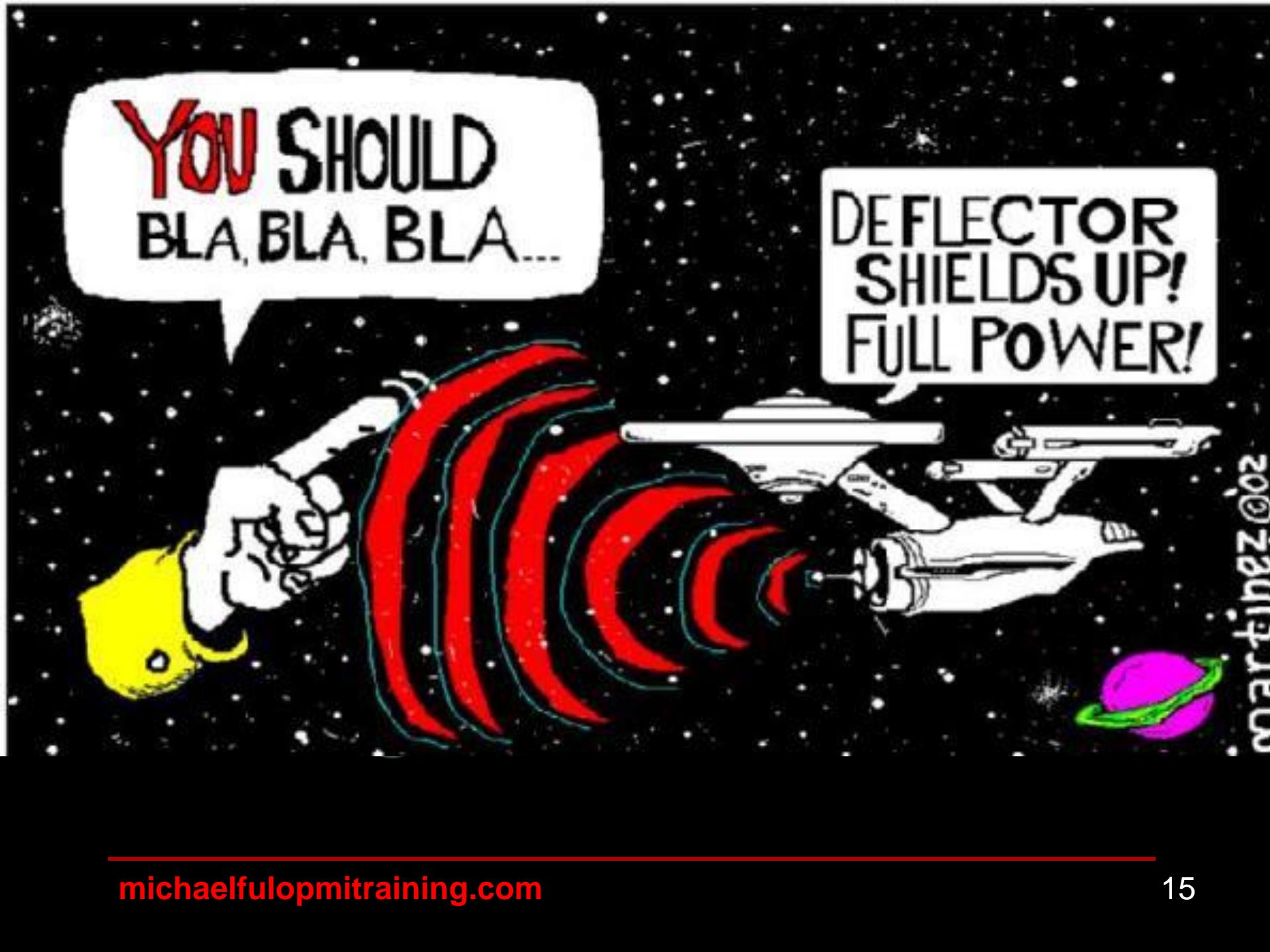
- I'd like you to take a minute to tell a person near to you, what you do well in managing diabetes!
- Even if no DM, but are a Type 3!



Living with diabetes is like being on a journey – with many choices

- **Where** do I want to go –
What's the destination? **Goals**
- **Why** do I want to go? **Motivation**
 - Reasons, **values**, motives, desires, steps
- **Commitment** - **How** to enact a
plans & stay on track [even if veer off]



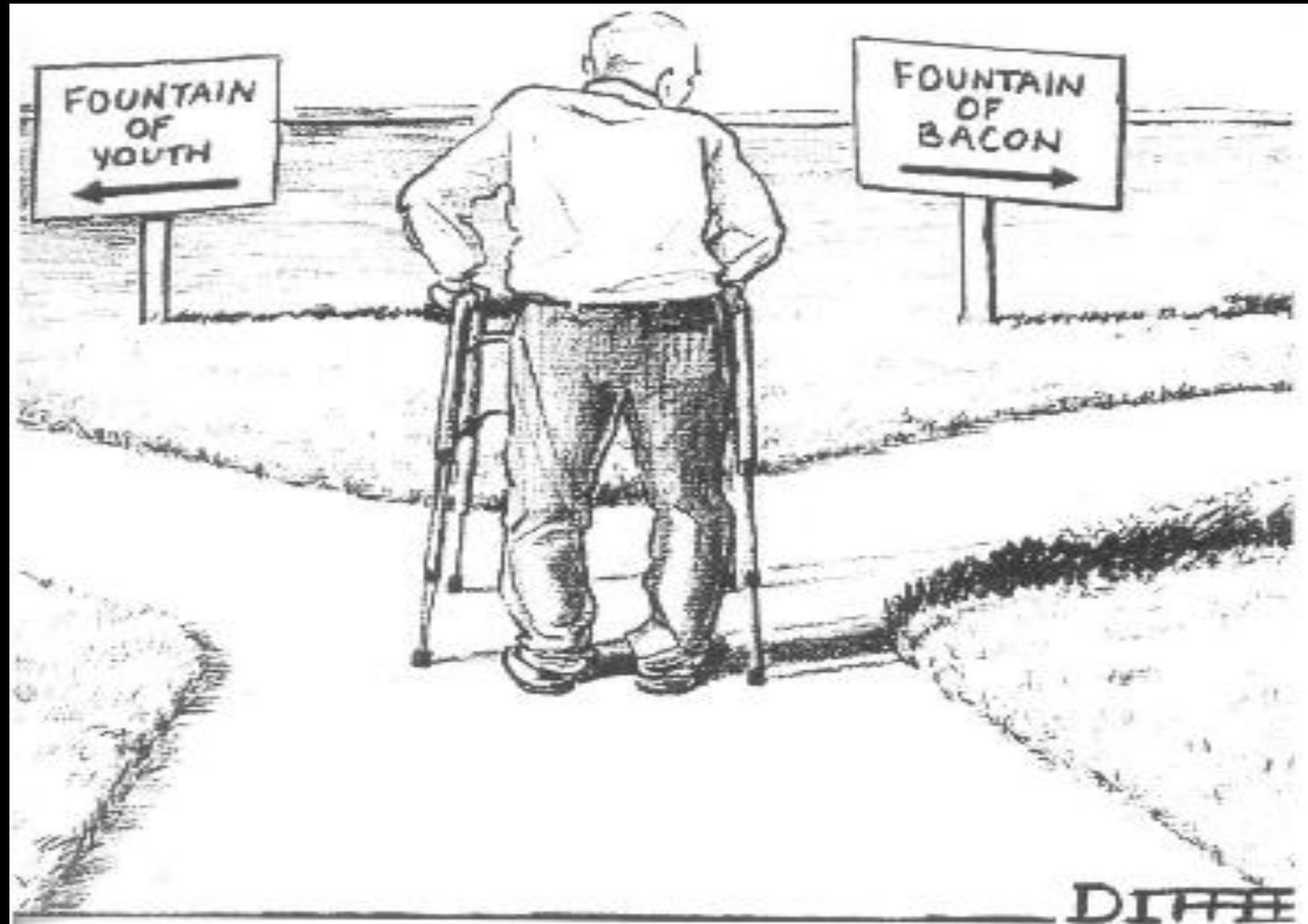


YOU SHOULD
BLA. BLA. BLA...

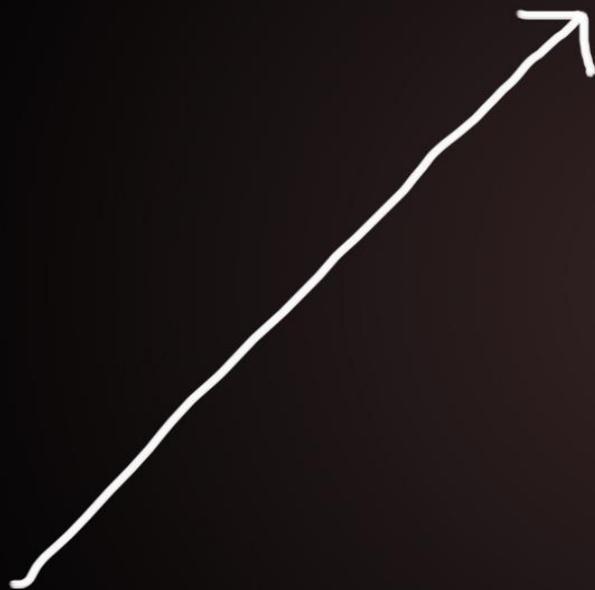
DEFLECTOR
SHIELDS UP!
FULL POWER!



Ever become ambivalent about diabetes?



SUCCESS



**WHAT PEOPLE THINK
IT LOOKS LIKE**

WWW.ATBREAK.COM

SUCCESS



**WHAT IT REALLY
LOOKS LIKE**

Now it's your turn to work

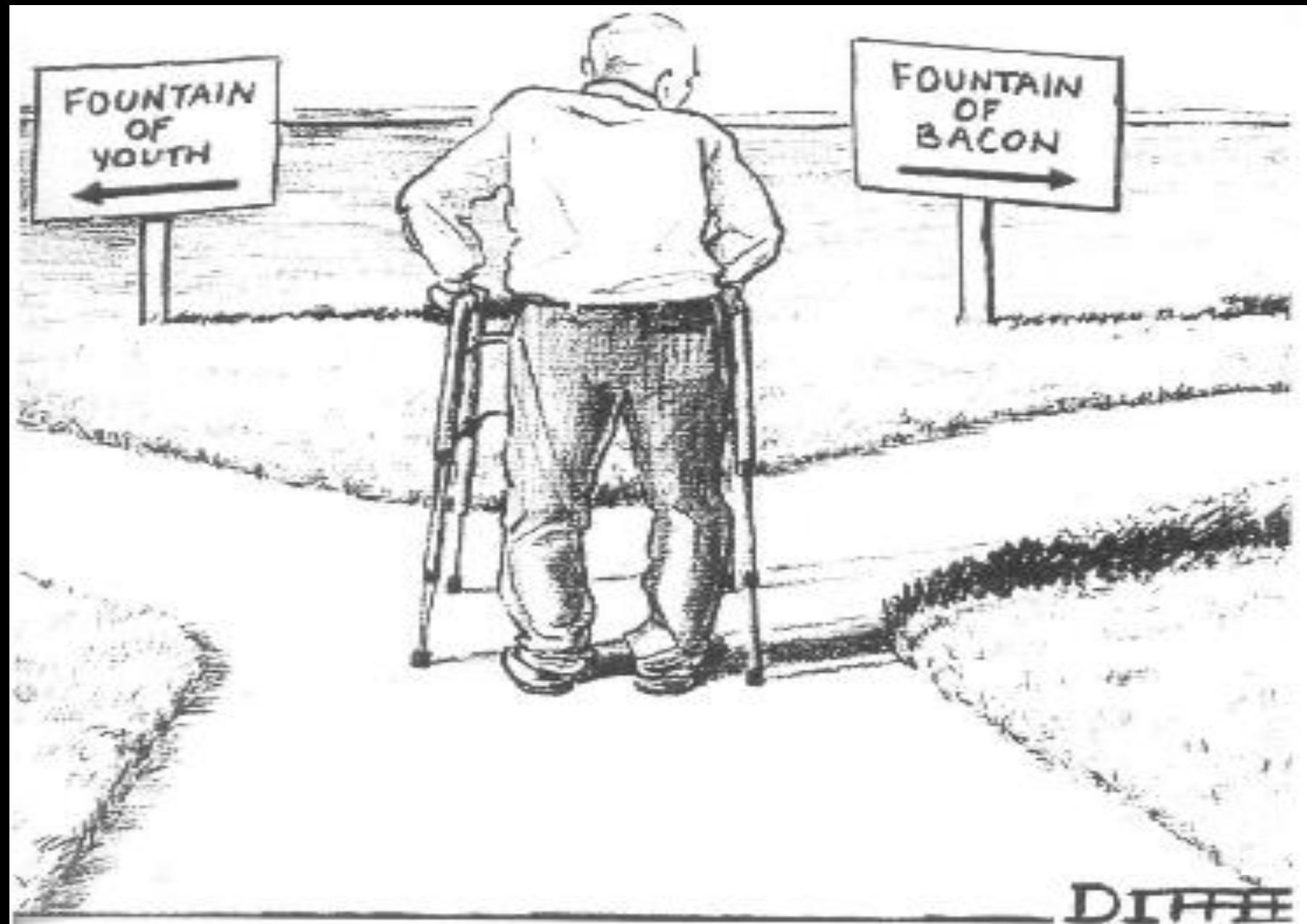
We'll explore your values
and goals in taking care of
diabetes



- Write on white board

What are your goals
with diabetes?

Ever become ambivalent about diabetes?



An important question

- How many of you want to live a long and healthy life?



What values in taking care of diabetes?

People with diabetes [or pre-diabetes] are forced to make value choices.

- ◆ Foods to choose
 - ◆ Take medications or insulin
 - ◆ Timing medications
 - ◆ Taking and or timing exercises
 - ◆ Reading about diabetes/attending workshops
 - ◆ ??
-

What do you value in taking care of your diabetes?

- ◆ These choices involve basic life values & health priorities.
- We'll explore your values, and ideas thoughts about people take care, or don't take care of diabetes



What helps to motivate you?

- Write down some beliefs, values and traits that help you
- What traits and values help you take care of diabetes?
- What beliefs or values help you take care of diabetes?
- We will share these ---

Quiz?

Values

- | | | |
|--------------------|------------------|------------------|
| • Healthy | Independent | Good Friend |
| • Positive | Loyal | Caring |
| • Energetic | Attractive | Ageless |
| • Youthful | Disciplined | Athletic |
| • Empathic | Active | Responsible |
| • Mobile | Self-Confident | Fun Loving |
| • Spiritual | Knowledgeable | Consistent |
| • Giving | Family Oriented | In Control |
| • Competent | Respected | Strong |
| • On top of things | Successful | Accepting |
| • Your Value _____ | Your Value _____ | Your Value _____ |

Traits for positive diabetes management

• Achieving	Active	Adaptable	Ambitious
• Balanced	Communicative	Competitive	Consistent
• Cooperative	Courageous	Curious	Emotional
• Enterprising	Enthusiastic	Fast	Flexible
• Focused	Forgiving	Generous	Genuine
• Helpful	Imaginative	Independent	Insightful
• Inventive	Leader	Logical	Modest
• Open Minded	Optimistic	Organized	Outgoing
• Particular	Patient	Perceptive	Positive
• Powerful	Practical	Proactive	Productive
• Quality	Quirky	Responsible	Self-reliant
• Sense of Humor	Sensible	Sensitive	Skilled
• Solid	Thoughtful	Warm	Wise



Let's go back to goals

How important is your goal?

- How important is it to you?
 - 1 very low 10 very high
- How confident are you to make it there?
 - 1 very low 10 very high





Scott's Story

Scott's Story

- 47 years old
- Discouraged about diabetes
- **Initial Treatment Goals**
 - Lose 65 pounds
 - Get off all medications
 - Get my eating habits regular
 - Change profession
 - Exercise every day



Scott told me diabetes is...

“...getting to be a hassle”

“...too much trouble to test my BG.”

“...it’s not easy, like it used to be.”

“...I’m supposed to exercise, but I can’t get myself to do it every day anymore.”



Motivation
doesn't last,
but neither
does a bath.
And you don't
stop bathing,
do you?

- Zig Ziglar

Scott's story is a common complaint in diabetes

- I'm frustrated and tired of diabetes
- Nobody understands what I am going through
- I don't like the restrictions with diabetes
- I don't like the “diabetes deputies” –
 - My Lunch story
- I am a little burned out with diabetes
 - “It used to be easier, but it's harder now”
 - “I should try harder to manage it...”

Scott had some belief barriers



- Wasn't really clear any of that was true

Scott

- **Chef** – must taste food all day - not happy at job
- **3 kids** – 1 about to enter college
- Ample worry; kids, wife, finances, health, future
- Feels guilty and bad most days



Scott was not unmotivated to live a long and healthy life

- Scott wants to get better
- He knows it's worthwhile
- "I know it's important I turn things around - for my health, and to show my kids I can be healthy."



CAN YOU
BREAK
THROUGH?

Scott

How did Scott change some of his ideas he held about diabetes, or how he had decided to think about diabetes!

- But not quite yet
- Let's talk about our perceptions

Scott broke through his barriers

- Scott got “a why” - children’s risks of diabetes
 - Wanted to model for his children
 - Altered beliefs
 - “I can avoid complications”
 - “Meds might be necessary”
 - Worked on the smallest step”
 - Leigh broke through–using a different perspective
 - “I don’t have to be perfect”



Remember Scott's initial goals

- Lose 65 pounds
 - Changed to lose any weight
- Get off all medications
 - Educated about meds
- Get regular eating habits
 - Taught other to taste
 - Moved to management
- Exercise every day
 - Began 1 day/wk, inc to 3/wk



Scott - Follow Up

- Within 6 months - Lost 15 pounds
- Acknowledged meds helpful for BG
- Focused on what he could control
 - Focused less on what he couldn't control
- Remembered how hard diabetes was
- Focused on what he does well with diabetes



Breakthroughs start with a single step

- Diabetes is not a “perfect disease”
- To get it right, you have to make many mistakes

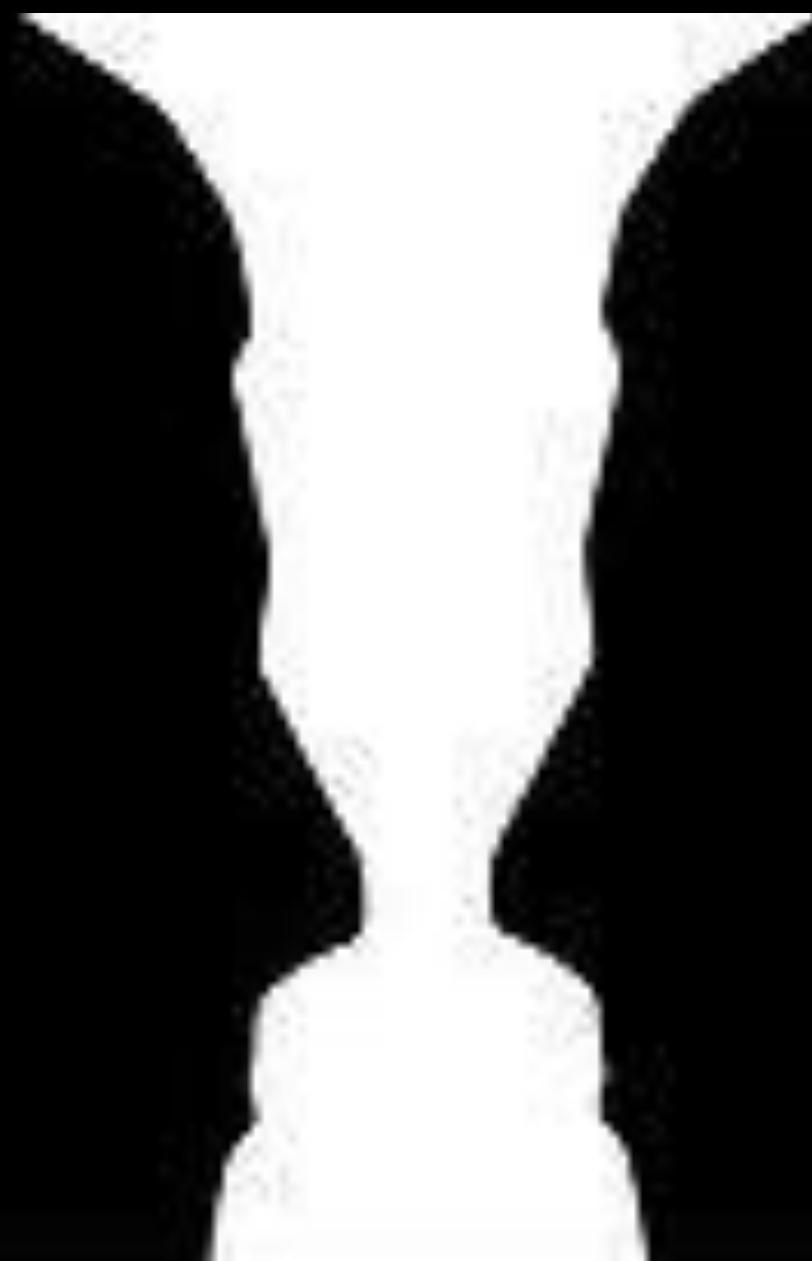
What is your smallest step?

- Imagine your smallest step for you to begin to reach your goal?
 - I am not asking you to commit to it
 - Just imagine what it would be – and if you got there, how you would feel?



What's a value or behavior you are thinking about changing with diabetes care?

- Write down the change you might make?
- What **reasons** might you **have** for making this change
- Tell person next to you how important it is to change [0, none, – 10, **very high**]
- Tell person next to you how confident you are in this change [0, none, – 10, **very high**]
- What's your **smallest step** you'd take to start?



Thank You

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