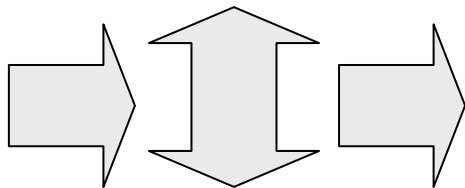


Internal process:

Acceptance of diagnosis
Acknowledging the unchangeable
Creating a feeling of balance
Developing cognitive strategies
Gaining or limiting medical information

Long-term condition



Empowered patient:

Identity
Knowledge and understanding
Personal control
Decision making
Enabling others

External process:

Relational support from significant others