THE PHYSICAL SELF

Your body

Health and ill-health

Injuries or disabilities

Menstrual cycle

Sexuality

Fertility

Sleep patterns

Eating and fitness

Digestion

Substance use (incl tobacco &

alcohol

THE SELF AND 'OTHER'

Your values

Spirituality

Religious faith

Core values

Ideals

Engagement with community or

environmental concerns

Sources of 'meaning' or purpose

Reasons for living

THE THINKING/FEELING SELF

Your mind

Hopes and fears

Dreams

Anxieties

Phobias

Patterns of thinking

Emotional state

Goals

Memories

$The \ Biopsychosocial \ approach$

(Engel, 1977)

THE SOCIAL SELF

Your relationships

Family

Friends

Work colleagues

Pets

Acquaintances

Neighbours

Professionals e.g doctor, therapist,

priest etc