

+ Reflection

■ Did I do what I planned?

No

What stopped me from doing my planned goals?
Was the goal achievable?

Yes

What went well?

Have you noticed any helpful changes as a result of trying out your goals to manage constipation, diarrhoea and dietary habits?

What have I learned?

Is there something I could improve next time?



TRIGGER

WORK STRESS



onset of nausea and
diarrhea

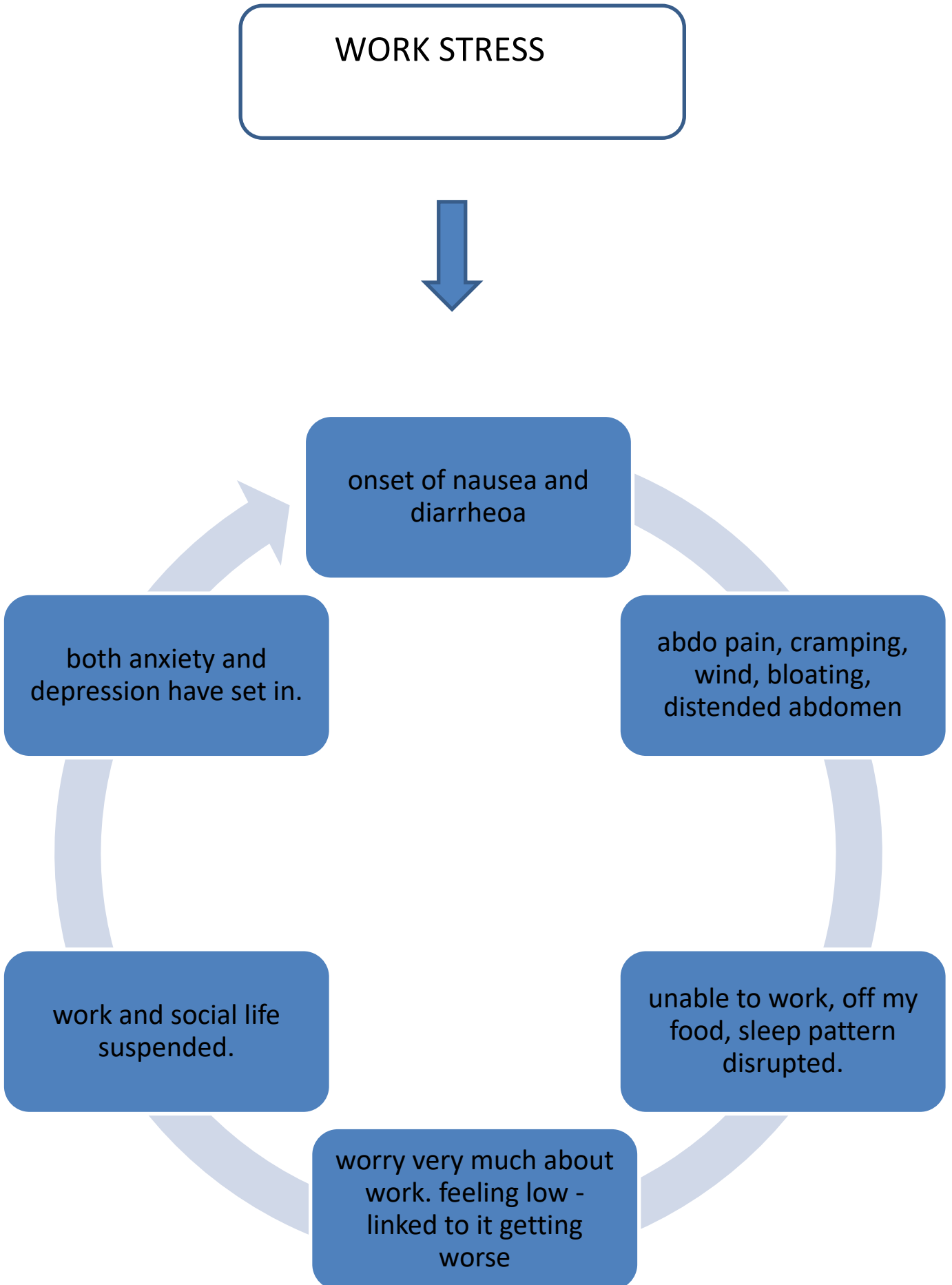
abdo pain, cramping,
wind, bloating,
distended abdomen

both anxiety and
depression have set in.

unable to work, off my
food, sleep pattern
disrupted.

work and social life
suspended.

worry very much about
work. feeling low -
linked to it getting
worse



TRIGGER

e.g. stress,
gastro flu, food poisoning?



what changes in
bowel function did
you notice?

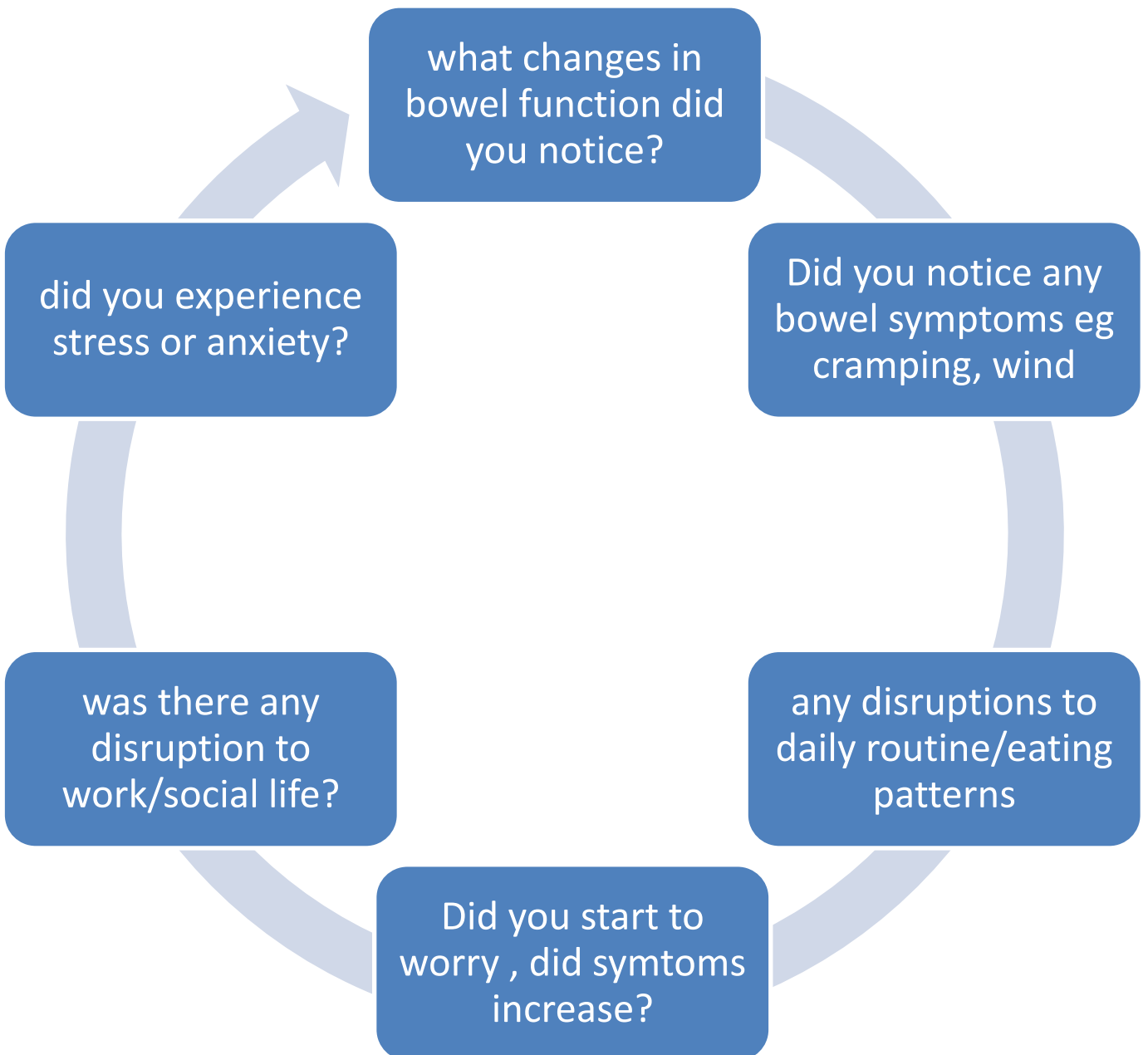
did you experience
stress or anxiety?

Did you notice any
bowel symptoms eg
cramping, wind

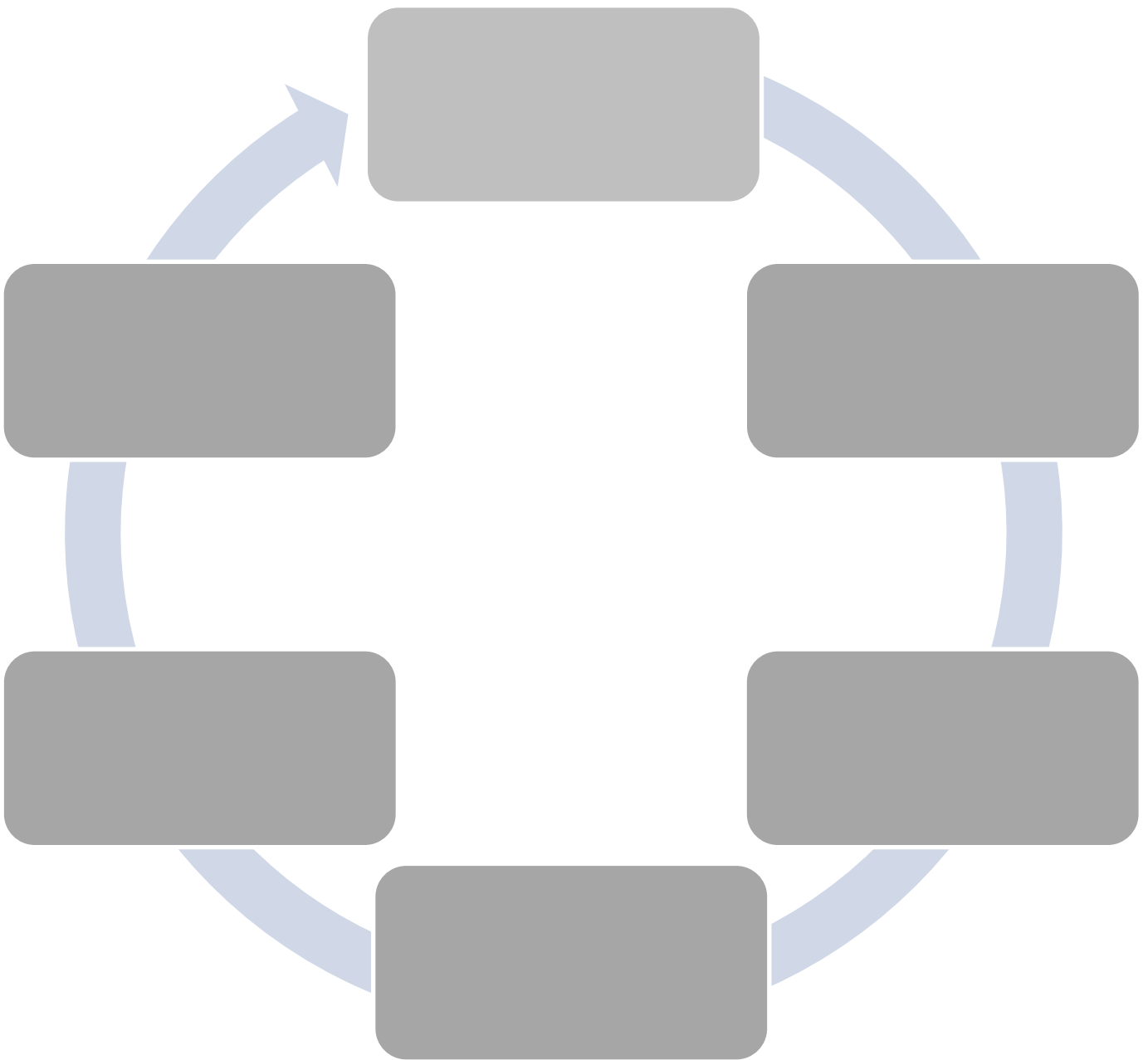
was there any
disruption to
work/social life?

any disruptions to
daily routine/eating
patterns

Did you start to
worry , did syptoms
increase?



TRIGGER



IBS Self-monitoring symptom sheet reflection

1. How does your IBS affect what you do or your behaviour?
2. Is there anything you avoid, such as places or foods?
3. Are changes in your behaviour linked to your stress levels?
4. Are there times of the day that you feel out of control or you don't trust yourself to engage in activities that may be important to you?
5. On the days that you rated your stress as high, is your pain and diarrhoea and/or constipation worse?
6. Did your symptoms influence your meal patterns?
7. Are your symptoms worse when your meal patterns are inconsistent?
8. Is there anything you currently do more of than you ideally would like to, such as spending time on the toilet?
9. Is there anything you do when you go to the toilet such as straining for long periods of time or checking your stools for abnormalities?
10. How many times do you go to the toilet and do not pass anything?
11. Did you fear accidents because of your diarrhoea, how many accidents occurred?