

Take another person's place

When you face a time of change or a difficult situation, imagine that you are switching places with each other.

Adopt the other's position, roles and responsibilities. Consider their health and living conditions. Also consider the place that Parkinson's or another disease takes in his/her life.

If you were in her/his situation...

How do you think your partner feels about the changes in roles and responsibilities he/she is experiencing?

What are his/her greatest challenges in accomplishing his/her roles, tasks and activities?

What is the most difficult thing when I put myself in his/her shoes?

What is his/her greatest satisfaction at the end of each day?

What helps his/her the least?

What helps him/her the most?

Following this exercise, what most surprised you?

How did it feel to be in your partner's position?

What does this exercise tell you about your partner? How you feel about yourself? How about your relationship as a couple?

How might this be helpful, for instance, in times of stress?

When there are role, task, or activity adjustments, you are encouraged to repeat this exercise as often as necessary in order to anticipate and meet each person's needs on a regular basis, especially with Parkinson's disease and its demands.

Feeling understood by each other, being complicit, cooperating and offering small gestures of appreciation are the sources of comfort and gratification. Many couples, like you, mention that putting themselves in each other's shoes helps to cope with the many changes and avoid many turbulent times...



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