



me +

Guiding the way to confident living
with intermittent catheterisation

Continence Care Emotional Wellbeing Workbook

This workbook has been designed to
accompany the wellbeing modules,
providing you with a space to reflect and
follow along with the guided exercises.



Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the programme, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

Wellbeing modules

- 1 Getting familiar with catheterisation
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterising
- 4 Socialising & social context
- 5 Movement & catheterising
- 6 Intimacy
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

Ready, let's begin

Daily pixel tracker

It can be helpful alongside the module reflections to recognise how you are feeling daily to track changes as you move through the programme.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	 Terrorized	 Anxious	 Frustrated	 Unsure	 Ok	 Relieved			
Week 1	Mon								
	Tues								
	Wed								
	Thurs								
	Fri								
	Sat								
	Sun								
Week 2	Mon								
	Tues								
	Wed								
	Thurs								
	Fri								
	Sat								
	Sun								



Week 3

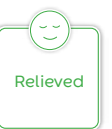
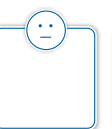
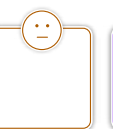
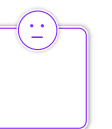
Week 4

Week 5

Week 6

	 Terrorized	 Anxious	 Frustrated	 Unsure	 Ok	 Relieved			
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 7

	 Terrorized	 Anxious	 Frustrated	 Unsure	 Ok	 Relieved			
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 8

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 9

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 10

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									



Creating goals

To monitor your progress, **choose 1 to 3 goals** from the multiple-choice options provided below. Respond to the questions in the box corresponding to each selected goal.

To feel confident catheterising

What would moving up these scales look like? What would you be doing differently? What would be different in your life?

To enjoy doing things that are important to me again, without feeling held back by health

What would moving up the scale look like? What would you be doing differently? What would be different in your life?

To process some of the health changes I have experienced so far

What would look different after processing these changes? How would you feel? What would you be doing differently? What would be different in your life?

To feel closer to people

What would feeling closer to people change? What would you be doing with people that you are not now? How would you be feeling in relationships?

To feel more confident in myself

What would feeling more confident in yourself look like? What would you be thinking about yourself compared to what you think now? What would you be doing that you are not doing now? What would your mood be like compared to now?

“
We are right here,
every step of the way,
helping you build
confidence
in yourself”



1 Getting familiar with catheterisation

This module is here to help you process your journey so far and get clear on any concerns that you might have about catheterising.

Before we get started, please fill in the pixel tracker from page 2.



If you have concerns about catheterising, what would they be?

Please put a tick next to the answers you relate most closely to.

At the end of the programme, we'll come back to these questions, so you can keep track of your progress.

1

If you have concerns about catheterising, what would they be?

- Pain or discomfort during catheterising
- Risk of infection
- Doing it wrong
- Not being able to go out
- Losing my independence
- Embarrassed about other people knowing I use a catheter
- Worry about becoming dependant on catheters
- Causing damage or injury
- People noticing my catheter
- Not being able to dispose of my catheter discretely
- That my catheter won't always empty my bladder fully
- Risks of long-term problems from using my catheter

2

What best describes how you view catheterising now?

Catheterising will make it harder for me to do what I want

Catheterising will make it easier for me to do what I want

Catheterising is necessary but I worry I won't be able to do it

Catheterising could go wrong and cause complications

Neutral

Personal reflections



Where are you on your journey?

Let's start with telling your story. Having the opportunity to express our story and delve into the various aspects of what's happening can help us feel calmer and gain clarity.

Take some time to think about and write down answers below.

1. What has caused you to need to catheterise?

2

Think about your journey so far. What were the hardest bits?

3. As you are here doing this programme, how are you feeling about what lies ahead?

4. Do you have any negative predictions or worries?

5. What do you feel hopeful about?

How did it feel to catheterise for the first time?

When we feel something strongly, it can make us think that we'll never feel any different. This can cast a pessimistic view of the future and what's to come.

Watch some of the videos on-screen of people describing how they first felt when they found out they would have to catheterise.

Take a moment to reflect on the questions below.

1. How did you feel about catheterising?

2. What did you think would be hard?

3. What messages of hope would you have for people at the beginning of their journey?



Where are you on your journey?

When things happen that disrupt our lives, it can all be very overwhelming. This exercise is designed to help you to clarify what matters to you, right now.

Step 1: Where you are now

Identify a specific value or direction then rate out of 10 how important it is to you and then how close you are to it currently.

(1 - least important. 10 - most important)

1	2	3
Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Family	e.g., to be a present and caring family member	8 / 3
Social connection	e.g., to see my friends and have good conversations	
Professional/ Job/ Work	e.g., to get pride out of my work	

Where are you on your journey? continued...

Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Personal growth	e.g., to feel open to new experiences	
Fun/Pleasure	e.g., to have some kind of fun every day	
Health/ Physical wellbeing	e.g., to take care of my body	
Spirituality / Community/ Environment	e.g., to get out in nature regularly	

Step 2: Moving forward

Please listen to the on-screen instructions to fill out the table below.

	Value	Action
Value 1	e.g., to be a present and caring family member	e.g., to suggest a film we can enjoy as a family
Value 2		
Value 3		

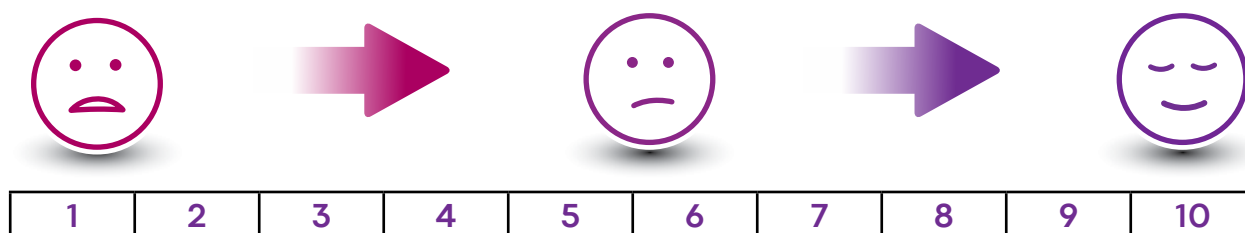
Let's reflect

Well done, you've completed the first module.

It's now to reflect on your current thoughts and feelings.

How are you currently feeling about catheterising?

Log your current rating of anxiety about catheterising by ticking a number and noting your thoughts to the questions below.



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

How do you feel?

What are your thoughts?

Contact our me+ Continence Care Support Team for additional resources:

Australia: Call 1800 335 276 or
email connection.au@convatec.com

New Zealand: Call 0800 225 4309 or
email connection.nz@convatec.com



Guiding the way to confident living
with intermittent catheterisation

ALWAYS FOLLOW DIRECTIONS FOR USE
© 2025 Convatec.™/® indicate trademarks of the Convatec group of companies.
Convatec me+ is a trademark of Convatec Ltd.
AP-71169-AUS-ENG-v1(v1.0) June 2025