

For Better Practice: Your Self-Management Workbook: Guide for Clinicians

Using *Your Self-Management Workbook* in Your Practice

Your Self-Management Workbook, the following tool in the toolkit, is designed to help patients try out lifestyle changes to improve their health. It works equally well in both one-on-one and group education settings. This workbook is based on the concept of experimenting with self-management behavior changes. It eliminates the idea of success or failure associated with achieving goals. The purpose of an experiment is to learn. Whether a plan to make a self-management change works or not, the learning associated with that experiment can be used to help the patient develop a more realistic and effective diabetes

self-management plan. One way to think of *Your Self-Management Workbook* is as a continuous cycle of examining four questions with patients:

1. What does the patient want to change?
2. What did the patient try out?
3. What was the result of what the patient did?
4. What will the patient try out next?

This approach entirely eliminates the notion of success or failure, good or bad, cheating, or any of the other emotionally laden judgmental concepts that have traditionally been associated with diabetes education.