

Barriers

	Applies to me (yes or no?)	HOW much of a problem?		
		A little	Some	A lot
I have no time				
I have too many other responsibilities				
I am too tired				
I don't know how to improve my quality of life				
I don't think anything I do on my own will help				
I don't feel that I have support for trying to change aspects of my quality of life from: – my family & friends, – my doctor, or – the community				
I worry all the time about my new organ				

What else would apply to you? _____
