

ACT Now Training Video Transcripts

1. Starting a conversation about appearance

Time	Speaker	Text
0:04	HP	So Mary, thank you for letting me look at your scar. I'm delighted to say that it's healing really well.
	Mary	Good
	HP	And there is no sign of infection any more. It is really good news.
	Mary	Good
0:22	HP	So physically things are looking good, really encouraging. But what we know is that for a number of people who have gone through cardiac surgery, they can find themselves having other feelings about the way their body and their scar looks. I just wanted to ask you, how are you feeling about the appearance of your scar?
0:52	HP	One of the things that we know is that sometimes people who have had cardiac surgery can find themselves feeling other emotions as well, sometimes feeling a bit self-conscious about scars. And I just wanted to check in, whether that is something that is an issue for you?
1:20	Mary	Yes it is. I do feel self-conscious about it. I do.
	HP	Ok. Mary, could you tell me a bit more about the self-consciousness?
	Mary	Well it just looks so ugly. It is raised and red and my chest doesn't look the same anymore.
1:50	HP	And is that bothering you? I get the sense that it is concerning you to some degree.
	Mary	I do feel anxious about it. I don't like to look at it in the mirror. It reminds me that it is awful. I don't want to look at it. And I don't want anyone else to look at it either.
2:10	HP	OK, so I can hear that just right now, the scarring is bothering you quite a bit. And I wondered whether you'd feel willing for us to have a bit more of a conversation together about this today, to try and better understand this together. Then hopefully I can help you think of some steps forward.
	Mary	Yes, yes, that would be a good idea. Yes.