

Mijn huid



medicijnen

☐


bijwerkingen medicijnen

☐


zorgverleners

☐


huid

☐

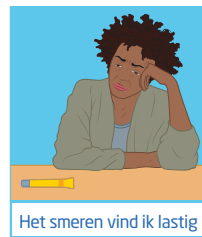

jeuk, krabben, pijn

☐


huidproducten

☐


smeren met zalven

☐


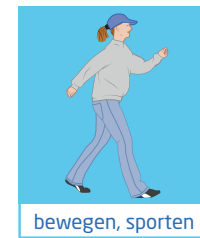
Het smeren vind ik lastig

☐

Mijn dagelijks leven



eten en drinken

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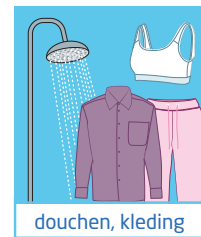
bewegen, sporten

☐

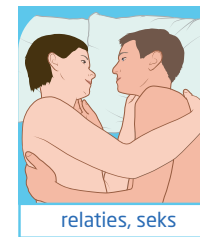

alcohol, drugs, roken

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ontspanning, hobby's

☐


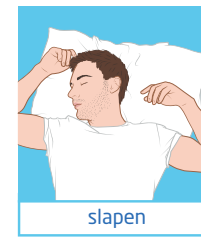
douchen, kleding

☐


relaties, seks

☐


lezen, schrijven, computers

☐


slapen

☐

**Wat wil ik
bespreken?**

Mijn omgeving



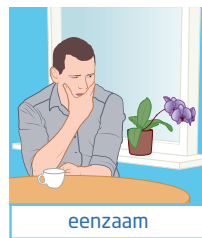
kennissen, vrienden

☐


familie, gezin

☐


werk en studie

☐


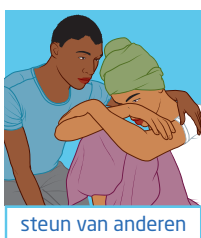
eenzaam

☐

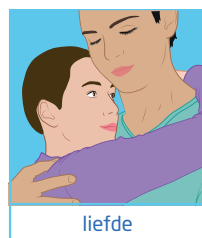

geld

☐


wonen

☐


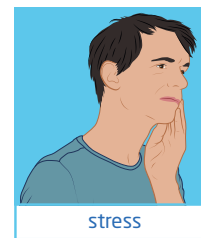
steun van anderen

☐


liefde

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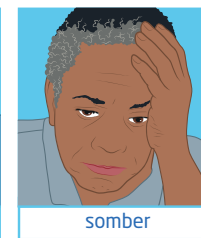
Mijn gevoelens



stress

☐

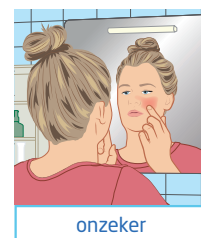

moe

☐


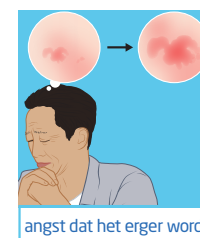
somber

☐

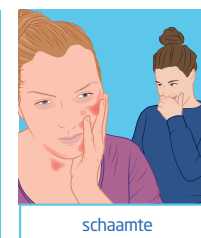

jezelf zijn

☐


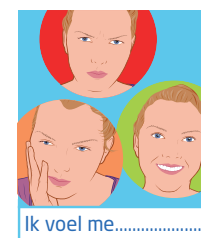
onzeker

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angst dat het erger wordt

☐


schaamte

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Ik voel me.....

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Andere onderwerpen

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Samen invullen met je huidtherapeut

Mijn doelen zijn:

Wat kan ik zelf doen?

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Hoe kan mijn huidtherapeut helpen?

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Adviezen, websites, etc.