

Capability vs Capacity – Chronic Illness Reflection Worksheet

Podcast Companion Tool

1. Starting where you are

“Capability is who you are. Capacity is what you can handle today.”

Prompt:

Right now, my body + life feel like:

2. Naming your capability (who you are)

You are still you, even with HS or any chronic condition. Let's name your strengths out loud.

Check or circle anything that feels true:

I am capable of...

- ☐ Caring deeply for people
- ☐ Being a loving parent / partner / friend
- ☐ Learning new things
- ☐ Handling stressful situations
- ☐ Being creative (in any way)
- ☐ Problem-solving
- ☐ Advocating for myself or others
- ☐ Working hard when I have the energy
- ☐ Making people laugh / feel safe
- ☐ Other: _____
- ☐ Other: _____

Prompt:

Finish this sentence in your own words:

“One thing I know I’m genuinely good at is...”

3. Mapping your current capacity

Capacity = how much of your capability you can realistically access today. Right now, my body gives me:

Energy:

- ☐ Very low
- ☐ Low
- ☐ Medium
- ☐ High

Pain / discomfort:

- ☐ Minimal
- ☐ Manageable
- ☐ Constant background noise
- ☐ Front and center

Brain fog / focus:

- ☐ Clear
- ☐ A little fuzzy
- ☐ Hard to focus
- ☐ Almost impossible

Prompt:

Today, if my capacity was a phone battery, it would be at about:

____ / 100%

What are the top 3 things draining my battery right now?

4. Where you're mixing them up

This is where the self-attack usually lives.

Prompt:

Write down 2–3 thoughts you have when you're being hard on yourself:

Example: "I should be able to do more."

Now rewrite each one with capacity language.

Example: "My capacity is low today, even though I'm capable."

5. Past self vs current self

You're not less than your past self. You're a different version of you, with more information.

Prompt: What are 2–3 things you used to do easily that feel harder now?

Now answer:

"What has changed that could honestly explain why these feel harder?"

My body has gone through: _____

My life responsibilities have changed because: _____

My nervous system has been carrying: _____

6. Planning with capacity in mind (not against it)

Pick one upcoming day (tomorrow, this weekend, etc.).

What I wish I could do that day (full ambition mode):

Now, be kind and honest:

If I assume my capacity will be around ____ / 100, what can I realistically:

Get done?

Postpone or delegate?

Drop completely (for now) without the world ending?

7. Tiny capacity-friendly choices

Circle or highlight any that feel doable this week:

- ☐ Schedule one “low-demand” day or evening
- ☐ Ask for help with one task I usually force myself to do alone
- ☐ Say no to something my body is clearly not up for
- ☐ Put rest in my calendar like any other appointment
- ☐ Choose clothes that are actually comfortable for my skin
- ☐ Take breaks before I hit the wall, not after

Prompt:

This week, one way I will honor my capacity is:

8. A note to yourself

Finish this sentence:

“Even on days my capacity is low, I am still someone who...”
