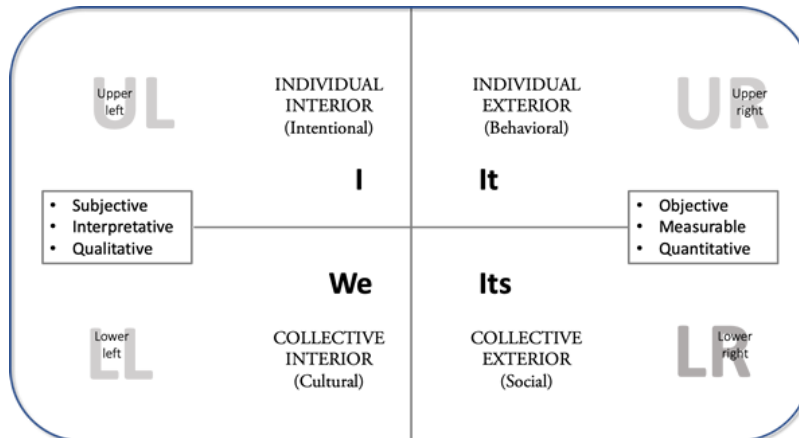


Quadrants Video

[Click here](#) for a short video describing the quadrants.

As you listen to the video, the following graph and summary may be helpful.



The four windows of viewing permit us to look at the "inside" of our world (individually and as a culture) and the "outside" (our bodies and the physical objects we have created, as well as the institutions that organize them). The quadrants, using chronic illness as an example, are:

Inside Individual: The inner thoughts, feelings, beliefs, hopes, fears, imaginings and so on of the ill person, the caregiver, or any person working with those who have an illness.

Outside individual: The bodily manifestations of illness: symptoms, test results, and treatment options. The physical environment in which one finds oneself - office, home, etc.

Inside Collective: Group attitudes and behaviors, cultural norms, and media messages about illness.

Outside Collective: The systems involved with health care such as insurance, research centers, employers, and hospitals.