

What Do You Want to Hear From Others When You Are Diagnosed with Cancer?

When you are given a diagnosis of cancer you go through many feelings, including sadness, anger, confusion, and helplessness. You naturally look for support from your family, friends, and acquaintances; yet even though they almost always want to be supportive, they may say things that have the opposite effect. Comments, even though they are well-meaning, may make you feel misunderstood, isolated, and even depressed. Although the people around you are trying to help you feel better, they may unintentionally make you feel worse.

This worksheet can help this situation by helping you think about the things you want to hear from friends and family, as well as the things that might make you feel worse. You can share this worksheet with friends and family, or even post it on social media. Or you may choose to not show it to anyone at all. Just filling it out can help you think about how you can improve your communication with the people around you so that you can more honest and direct and ultimately get more of the emotional support you need.

Remember that it's okay to speak your mind. It's okay to ask for what you need. It's okay to ask for help.

To the people who care about me:

This is going to be a difficult journey ahead, and I really appreciate you being there for me.

I've checked statements that I want to hear because they make me feel cared about and supported.

- I'm sorry this has happened to you.
- If you ever feel like talking, I'm here to listen.
- What are you thinking of doing, and how can I help?
- I care about you.
- I'm thinking about you.
- Can I take to doctor's appointments or treatments?
- Can I get groceries for you?
- Would you like to do something together?
- Would you like me to with you when you when you _____.

And I'd also like to hear:

Below, I've checked some things people sometimes say that don't really help me.

- I know just how you feel.
- I know just what you should do.
- I'm sure you'll be fine.
- Don't worry.
- How long do you have?
- God doesn't give us more than we can handle.

Some other things that are not helpful are:

I really appreciate your support!