

Just Got Diagnosed

What do you need from the people around you?

Your friends and family members are most likely feeling totally unprepared to cope with your medical diagnosis. As a result, they may be experiencing many of the thoughts and emotions as you. And because they are unprepared to cope with the news, they are also unsure how to talk about it with you. They don't know what you need or expect from them. Do you know what you need from them? Here are some questions to think about.

What friends or family members do you want to discuss your diagnosis with?
What are you comfortable talking about with them?

Friend/Family Member

What I can talk about...

How can your loved ones do to help you right now?

Emotions

What I need...

Activities

What I need...



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Information-Gathering

What I need...

Other Areas

What I need...

What would you rather discuss with your healthcare professional?

The questions on this worksheet may be difficult or uncomfortable for you to complete. You may not want to talk about your diagnosis with anyone, or you may think that the people around you aren't ready to talk about it. You may not feel ready to ask for help. These questions are a way to get your own process started – some you may feel ready to think about, and to answer, and others not. You may find that, over time, you will feel more comfortable.

And when you do answer these questions, take a look at:

- Who you want to rely on and for what
- Where you only want to rely on yourself
- Any areas where you aren't sure where to turn



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And keep in mind:

- Your loved ones may be feeling helpless – unsure what to say to you and what to do for you. They may be silent, when you want them to communicate with you. Or they may be talking but saying the wrong things.
- They may need some coaching from you in terms of how to talk about your diagnosis and what they can do to help you, as well as where you don't need help. Without your help, all they can do is guess.
- Remember that you're in charge here. Use this worksheet on your own or as a conversation-starter with the people you want involved in your healthcare.

