

Just Got Diagnosed

How are you reacting to your medical diagnosis?

Receiving a medical diagnosis can be overwhelming. You may have so many thoughts and emotions churning around inside that you feel “everything and nothing at the same time,” and aren’t even sure where to begin to sort through it all. Here’s a way to get a quick snapshot of your reactions.

What emotions are you experiencing? Fearful? Angry? Sad? Anxious?

How are you behaving? Crying? Withdrawing? Striking out at others?

How are you feeling physically? Tired? Restless? In pain?

Use this list to help to help yourself stay focused on your mental and physical well-being. What do you need help with? Dealing with your emotions? Physical symptoms? Behaviors that you are uncomfortable with? Being more aware can help you to communicate with family members and with your healthcare professionals.

Keep in mind that any or all of the reactions you have listed here may change from day to day, or even during the same day. This is a normal part of the process of reacting to a medical diagnosis. So you may want to update this list daily.

