



Cancer Coach *Cindy*

Know Someone with Cancer?

Hearing this news from a loved one can be a shock. Here are some suggestions of what to say and what NOT to say:

Helpful:

What are you focusing on today?

Helpful:

What are you researching? Can I help?

Helpful:

I'm going to the grocery store, can I bring you anything?

Helpful:

I have some extra time today, can I help you with laundry or cleaning?

Not helpful:

What's up? What's going on?

Not helpful:

My cousin's sister's boyfriend beat cancer and I know you will too!

Not helpful:

You don't want to do Chemo? If you loved me you would do "xyz"...

Not helpful:

I knew you should have gotten that checked out sooner.

We all want to help, it's human nature. It's important to give your friend or loved one space to process, grieve, and accept.

For more suggestions or help see me at:



www.cancercoachcindy.com

