



Newly Diagnosed

Reflection Questions

Anchor Phrase: I'm Part of the Story

In what ways has your loved one's diagnosis had an impact on your life?

What reactions do you have or emotions do you experience when you hear me say that you are part of the story?

What might be at the root of those feelings?

How might this season of caregiving be different if you go into it with the understanding that you are part of the story?

What can you do to help yourself believe and remember that you are part of the story?