



Diagnosis Grief

Receiving a diagnosis of cancer may elicit many emotions, including grief. Complete the following regarding people, places, and things you've missed during your cancer experience.

Today, I am really missing ____ [people] ____.

Today, I am really missing ____ [places] ____.

Today, I am really missing ____ [things] ____.

Reflect on how you can connect with these people, places, and things again or in the future.

Finally, create a mantra below that you can use when feeling overwhelmed with grief.
