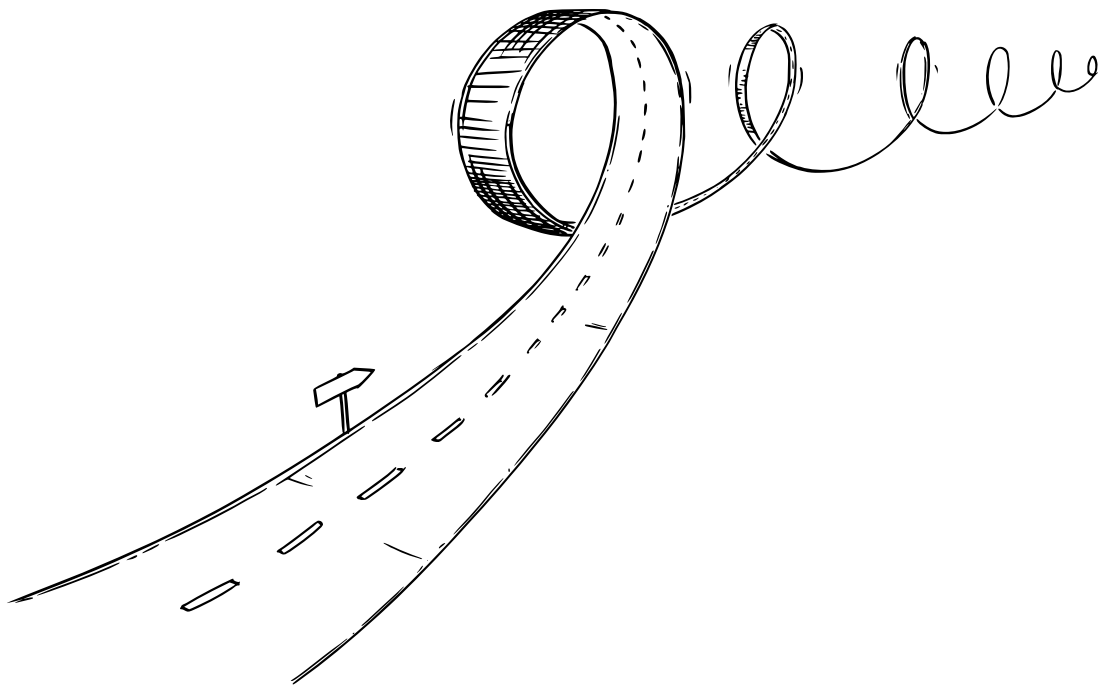


Processing My Diagnosis and Communicating My Journey



Blink Integrative Mental Health & Consulting

This worksheet is here to support you in reflecting on how you are experiencing your diagnosis, how your view of life may be shifting, and how you can begin to share your process with your partner in a way that feels true to where you are. There is no right or wrong way to do this — just your own pace and voice.

Part 1: Where I Am Right Now

Introduction:

Being diagnosed with a chronic illness can bring a rush of emotions. Some days you may feel overwhelmed; other days you might feel numb or disconnected. This section invites you to gently name where you are without judgment. There are no wrong answers.

Reflection Questions:

- When I think about my diagnosis, what feelings come up for me?
- (You can list feelings or describe them in a few words.)
- What parts of my life feel most uncertain to me right now?
- (Think about work, relationships, health, finances, or any area you find yourself worrying about.)
- Are there areas of my life where I still feel a sense of control or stability?
- (Examples might be daily routines, friendships, your role at work, or hobbies you enjoy.)

Part 2: Shifts in My Meaning and Vision

Introduction:

A diagnosis can change the way we see our future. It's natural to grieve the life we imagined, even while beginning to slowly imagine new possibilities. This section helps you reflect on the shifts happening inside you.

Reflection Questions:

- Before my diagnosis, what were some of the hopes and plans I had for my future?
- Since my diagnosis, how have these hopes or plans shifted or changed?
- Are there any new hopes, goals, or visions I am beginning to form — even if they feel small, different, or uncertain?
- (You don't have to have full answers yet — even naming a desire for peace, rest, or connection is enough.)

Part 3: Giving Myself Permission

Introduction:

Taking time to process is not procrastination. It is necessary. This section helps you give yourself space and grace to adjust emotionally at your own pace, even if others around you seem ready for action.

Reflection Questions:

What would it mean for me to give myself permission to take time to process?

(You can write yourself a short statement like, "It's okay if I'm not ready yet" or "I am allowed to move at my own pace.")

What is one small, manageable step I can take right now toward adjusting to this change?

(Examples might include: journaling, talking to someone I trust, setting a boundary, or making one small decision.)

Part 4: Communicating with My Partner

Introduction:

It can be hard for loved ones to watch us struggle and not know what to do. Sometimes they try to push us forward because they are scared. This section helps you think about how to share your inner process with your wife — not to “fix” everything, but to help her understand you better.

Reflection Questions:

- What do I want my wife to understand about where I am emotionally in this process?
- (Example: "I am not avoiding reality. I am still absorbing what this means for me.")
- What fears or concerns do I think she might be experiencing right now?
- How can I explain to her that needing time does not mean I am ignoring her or avoiding the situation?
- (Example: "When I seem quiet or slow to decide, it's not because I don't care. It's because I need to find my way to move forward, and I appreciate you being patient with me.")

Sample phrases you might use in conversation:

- "I know you want the best for me. I'm still working through a lot inside, and I'm not ready to make big decisions yet, but I will include you when I can."
- "I'm scared too. Sometimes I need silence to process before I can talk about things."
- "Just because I'm not acting fast doesn't mean I'm giving up or ignoring what's happening. It means I'm trying to make choices that feel right for me."
- "I appreciate how much you care, even when I don't always show it."

Closing Reflection: Holding Compassion for Myself

Introduction:

- You are doing hard work, even when it feels slow or invisible. Give yourself credit for facing these feelings and changes with courage.
- Final Reflection:
- What is one thing I want to remind myself about facing this journey, even when it feels overwhelming?
- (Example: "I can do this one step at a time." "It's okay to feel uncertain." "I am not alone.")

