

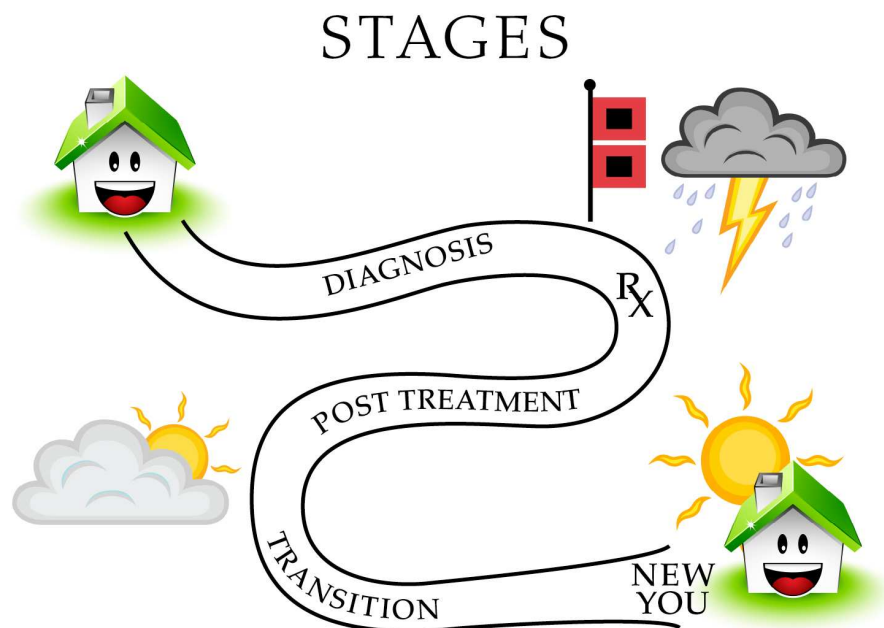
Common Emotional Stages of Cancer

Time of Diagnosis and Treatment: Normal and natural emotional rollercoaster. Chaotic emotions including shock, disbelief, fear, sadness, depression, guilt, numbness, gratefulness, hope, and everything in between, sometimes all in the same day. Treatment routine and medical activities reduce chaos. Seek help for ongoing feelings of depression, guilt, or hopelessness.

Treatment Ends, Starting to Rebuild: Chaotic emotions resurface while rebuilding life. Loss of medical support team creates feeling of anxiety and uncertainty. Feelings of guilt, grief and loss and mixed with hope, enthusiasm, gratefulness and joy. Physical, financial, practical and emotional impact of experience begins to assimilate.

Transition /Exploration: Adrenaline of battling the disease subsides; time is more precious; urgency and commitment to having purpose and satisfaction grows. Urge to let go of things that are now trivial and replace them with value-driven choices. Learning new ways of thinking and being. Life focus transitions from cancer to other areas.

The New Normal Life: Life focus and routine is not primarily focused on cancer. Survivor focuses on self-exploration, normal living and is reconciled with changes of the cancer experience.



WHAT'S NEXT FOR MY LIFE?™

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