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| *MILE Prehabilitation*  |
| *Worksheet 4: Adjusting to a cancer diagnosis* |

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Your Adjustment Process

Use the space below to draw out your own experience of distress and adjustment. What was your level of distress leading up to your diagnosis, at the point of diagnosis, during treatment planning, as treatment started and as treatment continues?



What helped you to cope when distress was higher? What did you or others do to help you cope? What was going on when distress was lower – is any of this in your control or other people’s control - can more of this happen?

 *Notes*