

HOW TO UPDATE PEOPLE WITHOUT REPEATING YOURSELF

Message templates for sharing cancer updates without draining yourself

Why this guide exists

Updating people can become another job. You may find yourself telling the same story again and again, answering questions you cannot answer, and managing other people's reactions while trying to handle your own.

You do not have to explain everything to everyone.

A short update when you do not have much energy

I wanted to let you know that I have been diagnosed with cancer. I do not have all the details yet, and I am still taking things in. I will share more when I know more, but I may not be able to reply properly right now.

When you are waiting for more information

I am still waiting for more information, so there is nothing definite to update yet. I know people care, but I am trying not to guess before I have clear answers. I will let you know when I know more.

After an appointment

I had an appointment today. The team talked through the next steps, and I am still processing it. There is a plan, but I need a little time before I talk about it properly. Thank you for checking in.

When you need space

I know you care, and I appreciate it. I am finding everything a lot at the moment, so I may not be able to talk or reply much. I will reach out when I can.

When people ask questions you cannot answer

- I do not have a clear answer to that yet.
- I am waiting to speak to the medical team.
- I am not ready to talk about that.
- I will share more when I feel ready.

When people send miracle cures or advice

I know you are trying to help, but I am following the advice of my medical team. Please do not send treatment suggestions unless I ask for them.

Letting one person update others

I am finding it exhausting to update everyone individually. For now, [name] is going to help share updates when there is something to say. Please understand if I do not reply to every message myself.

What I want people to know

What I am ready to share

What I am not ready to share

Who needs to know now

Who can wait

Who can update others

What I do not want sent to me

What kind of support would help

A note about your energy

You are allowed to answer later. You are allowed to say less. Cancer may explain why people are asking. It does not mean they are entitled to everything.