

# WHEN PEOPLE SAY THE WRONG THING

Short replies and boundaries for advice, comparison, pressure, and conversations you do not have the energy for

## Why this guide exists

Most people mean well. That does not make every comment helpful.

You may hear miracle cures, forced positivity, comparisons, horror stories, questions you cannot answer, or demands for updates when you are barely holding yourself together.

You are allowed to protect your energy without writing a perfect speech.

## When someone tells you to stay positive

*I am taking things one day at a time. I do not need to be positive every minute.*

## When someone compares your cancer to someone else's

*I know you are trying to relate, but every diagnosis and treatment is different. I would rather not compare them.*

## When someone sends a cure or treatment suggestion

*I appreciate that you care. I am following my medical team's advice, so please do not send treatment suggestions unless I ask.*

## When someone says everything happens for a reason

*I know you mean to comfort me, but that is not helpful to me right now.*

## When someone expects an update

*There is nothing new to share yet. I will update people when I have clear information and the energy to do it.*

## **When you do not want to talk**

*Thank you for checking in. I am not able to talk about cancer today.*

## **When questions feel too personal**

*I am keeping that private for now.*

## **When someone tells you to be strong**

*I am getting through it in the way I can. That may not always look strong from the outside.*

## **When someone disappears and then returns**

*I am glad to hear from you. I may need a little time before I know what kind of contact feels right.*

## **When you want practical help instead**

*I do not need advice today. What would help is [a lift / a meal / collecting something / sitting with me / giving me space].*

## **When you want the conversation to end**

*I am going to leave it there for today. Thank you for understanding.*

## My boundaries

I am comfortable talking about

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I do not want to discuss

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I do not want people sending me

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The kind of support that helps

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The people I can be honest with

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The people who need shorter updates

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## A message I can personalise

*I know people care, but I do not have the energy to discuss every detail or respond to advice. I will share what I am ready to share, when I am ready. The most helpful thing right now is \_\_\_\_\_.*

## A note about guilt

A boundary is not punishment. It is a way of protecting the limited energy you need for treatment, recovery, work, family, fear, and ordinary life.

You can be grateful that someone cares and still ask them to stop.

**You are carrying enough.  
You do not have to carry every conversation too.**

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