

WHEN YOU DO NOT RECOGNISE YOURSELF

A private reflection sheet for hair loss, weight change, scars, facial hair, skin, strength, and the person in the mirror

Why this sheet exists

Treatment-related appearance changes are not vanity.

Hair, facial hair, weight, strength, skin, scars, swelling, and the way clothes fit can all be tied to identity, age, privacy, confidence, masculinity, femininity, and the version of yourself you expect to see.

You are allowed to grieve a change even when treatment is helping.

What has changed?

- | | |
|--------------|--------------------------|
| ■ Hair | ■ Facial hair |
| ■ Weight | ■ Skin |
| ■ Scars | ■ Swelling |
| ■ Body shape | ■ Strength |
| ■ Posture | ■ Clothing |
| ■ Mobility | ■ Something less visible |

The change that affects me most

What I notice

When I notice it most

What it represents to me

What other people do not understand

What I miss

What I need

It is not 'just appearance'

A beard can carry decades of identity. Hair can be privacy. Weight can change how clothes, photos, touch, and public spaces feel. A scar can hold fear even when it also marks survival.

What helps me feel more like myself?

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| ■ Choosing when or how to change my hair | ■ Clothes that feel comfortable now |
| ■ A familiar scent or routine | ■ Photos only when I choose |
| ■ Explaining less | ■ Talking to someone who understands |
| ■ Professional support for wigs, skin, or grooming | ■ Time away from mirrors |
| ■ Keeping one part of my old routine | ■ Trying something new on my own terms |

Words I can use with other people

I know it may look like a small change, but it does not feel small to me.

I do not want reassurance right now. I want you to understand that I miss how I looked and felt.

Please do not comment on my appearance unless I bring it up.

A note to the person in the mirror

One final thought

You do not have to love every change. You do not have to call cancer a gift. You are allowed to recognise what treatment has taken while still choosing the life it is trying to protect.

**You are still here.
You are also allowed to miss who you were.**

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