BETWEEN APPOINTMENTS™

WHEN YOU ARE TIRED OF PERFORMING POSITIVITY

Permission to tell the truth without turning one difficult day into a permanent conclusion

Why this resource exists

Cancer can create pressure to be brave, grateful, inspirational or reassuring. Sometimes 'I am fine' means 'I cannot carry your reaction as well as my own.'

You do not have to perform hope every day to deserve support.

What is true today

I am frightened about

I am angry about

I am tired of

I wish people understood

What I do not want advice about

What kind of contact would help

- Quiet company
- A practical task
- A normal conversation
- Space without disappearance
- Someone to listen without correcting me
- No reply required messages

A boundary I can use

I cannot talk about this today.

I need you to listen, not solve it.

I do not have the energy to reassure anyone.

I will update people when I am ready.

Please keep including me, even if I sometimes say no.

Both things can be true

You can want to live and still hate what today feels like. You can be hopeful about treatment and exhausted by cancer. Honesty is not giving up.

Use this sheet as a starting point

You do not need to complete every section. Circle one line, write one name, or use one sentence. Small pieces of clarity are enough for today.

Important

This resource offers practical lived-experience support and does not replace medical, psychological, legal or employment advice. Contact your clinical team or emergency services if you are worried about your health or immediate safety.