

WHEN CANCER CHANGES WHAT YOU SEE IN THE MIRROR

A reflection sheet for hair loss, scars, weight changes, treatment effects and self-recognition

Why this resource exists

Appearance changes are not vanity. Hair, facial hair, weight, scars, swelling and treatment-related changes can affect identity, confidence, age, masculinity, femininity and the sense that your body belongs to you.

You do not have to love every change. The first task may simply be to name what has been lost and what still feels like you.

What changed

The change that affects me most is

What I miss is

What other people do not
understand is

The moment I feel most exposed is

What still feels like me

- A piece of clothing
- A routine or ritual
- A photograph or memory
- A person who sees me, not just the illness
- Something I choose for myself

What I need from other people

- Do not comment on my body
- Ask before taking photographs
- Let me use humour if I want
- Do not force reassurance
- Tell me I am still recognisable to you without denying the change

A steadier question

Instead of asking 'How do I love this new body?', try asking 'What would help me feel safer and more like myself today?'

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.