

DATING AND INTIMACY WHILE LIVING WITH CANCER

A private preparation sheet for disclosure, body changes, desire and being seen

Why this resource exists

You may feel ready for companionship while still being frightened of physical or emotional exposure.

Cancer, surgery, hormone therapy and other treatments can affect confidence, desire, sexual function, comfort and the way you imagine another person will see you. There is no single correct time or script.

Before sharing

What do I want this person to know now?

What can wait until more trust exists?

What questions am I willing to answer?

What is private or still difficult to discuss?

What would make this conversation feel safer?

A simple disclosure structure

- What happened or is happening
- What treatment means for daily life
- What I need them not to assume
- What I am comfortable discussing
- What I hope can remain normal between us

Intimacy does not have to mean one thing

- | | |
|----------------|---|
| ■ Closeness | ■ Humour |
| ■ Touch | ■ Sleeping beside someone |
| ■ Affection | ■ Sexual contact that is comfortable and chosen |
| ■ Conversation | ■ Stopping without apology |

A sentence you can adapt

I want to tell you something important because I would rather be honest than disappear. I am living with cancer and treatment has changed some things. I do not need you to solve it, but I would like us to talk openly and slowly.

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.