

THE TWO ANSWERS AFTER TREATMENT

A private check-in for when the medical news is good but life still does not feel safe

After treatment, people may ask how you are and expect one simple answer.

You may have two.

One answer describes what is medically true. The other describes what life feels like when you are at home, trying to sleep, returning to work, noticing symptoms or learning how to trust your body again.

Both answers can be true. Neither makes you ungrateful.

THE MEDICAL ANSWER

What has your healthcare team told you?

- ☐ Active treatment has ended
- ☐ My scan or review was reassuring
- ☐ I have been told there is no evidence of disease
- ☐ I am in remission
- ☐ I am now in surveillance or follow-up
- ☐ I am continuing hormone therapy, immunotherapy, targeted therapy or maintenance treatment
- ☐ I am still waiting for clear information
- ☐ Something else: _____

The exact words my healthcare team used:

What happens next medically?

THE PRIVATE ANSWER

Away from appointments and medical language, how are you actually doing today?

- ☐ Relieved
- ☐ Frightened
- ☐ Grateful
- ☐ Flat or numb
- ☐ Exhausted
- ☐ Angry
- ☐ Lonely
- ☐ Unsure what I feel
- ☐ Worried about recurrence
- ☐ Struggling with ongoing side effects
- ☐ Finding ordinary life harder than people realise
- ☐ Something else: _____

What still feels unfinished?

What am I managing that other people may not see?

What does my body make me worry about now?

What support do I still need?

BOTH CAN BE TRUE

Tick any sentence that feels close to your experience.

- ☐ My result was reassuring, and I still do not feel safe.
- ☐ Treatment has ended, and I have not recovered yet.
- ☐ I am grateful to be alive, and I am grieving what changed.
- ☐ I look well, and I still need help.
- ☐ Other people are celebrating, and I feel flat.
- ☐ I am back at work, and it costs more energy than anyone sees.
- ☐ I am no longer in active treatment, but cancer still shapes my days.
- ☐ Ongoing medication means treatment is still part of my life.
- ☐ I want to move forward, and I am frightened of leaving the old structure behind.

The sentence I need someone else to understand:

WHAT I WANT TO SAY

To family or friends:

"The medical news is _____.

The part you may not see is _____.

What would help me now is _____."

To my healthcare team:

"The medical position may be reassuring, but I am struggling with

_____.

I need help understanding or managing _____

_____."

ONE NEXT STEP

What would make the next few days slightly easier?

- ☐ Ask my healthcare team for clarification
- ☐ Raise a new, worsening, persistent or concerning symptom
- ☐ Tell one person how I am really doing
- ☐ Ask for one specific piece of practical help
- ☐ Protect time for rest or recovery
- ☐ Discuss work hours, travel or adjustments
- ☐ Ask about emotional or psychological support
- ☐ Make a plan for the next scan or follow-up
- ☐ Do one ordinary thing that helps me feel like myself

■ Something else: _____

My next step:

A REMINDER

A clear result can be good news without making you feel instantly safe.

You do not owe anyone a performance of recovery. The medical answer matters, and so does the answer that is true at home.

This resource is for reflection and communication. It does not provide medical advice or assess symptoms. Contact your healthcare team about new, worsening, persistent or concerning symptoms, and follow any urgent instructions they have given you.