FREE PRINTABLE COMPANION

Still Emotional

The Worksheets

All 26 chapter worksheets from *Still Emotional: What Nobody Hands You After a Cancer Diagnosis*, plus the reusable trackers from Appendix B. Print the whole set, or just the pages you need, as many times as you need them.

Fill them in messily. Leave blanks. Come back and update them as things change. Keep them in your cancer binder (Chapter 10) and bring them to appointments.

A free resource from **What Helped Me Through**

For personal use. This workbook is for organizing and coping, not medical advice. Always follow your own care team's guidance.

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CHAPTER 1 WORKSHEET

My Diagnosis Notes

Fill in what you remember. It's okay to leave blanks. You can add to this later.

Date of diagnosis conversation: _____

Who was there with me: _____

Diagnosis, as I heard it (exact words if possible):

_____

_____

Stage / size / location mentioned (if any): _____

Next steps mentioned (tests, referrals, appointments):

_____

_____

Names mentioned (doctors, nurses, specialists):

_____

_____

Questions already on my mind:

1. _____
2. _____
3. _____

One person I can tell today, if I want to: _____

Keep this page. It's the first page of your cancer binder (see Chapter 10).

CHAPTER 2 WORKSHEET

Getting Ready for Your Next Appointment

Have I requested my pathology report? ☐ Yes ☐ Not yet. Who do I need to call?

Is my patient portal set up? ☐ Yes ☐ Not yet

Questions I want answered at my next appointment:

1. _____
2. _____
3. _____
4. _____
5. _____

My care team contact list

Name	Role	Phone	Portal / Best contact method

One thing I'm nervous to ask about, but want to bring up anyway:

> *Keep this page with your notes from Chapter 1. This is your cancer binder taking shape.*

CHAPTER 3 WORKSHEET

My Inner Circle

Who is in my inner circle right now (the people I want closest to me through this)?

1. _____
2. _____
3. _____
4. _____
5. _____

Who is my point person for relaying updates?

_____

_____

How will updates get shared with the wider circle? ☐ Point person calls/texts individually ☐ Group text ☐ Update page (CaringBridge, etc.) ☐ Other:

_____

_____

Is there anyone I'm not ready to tell yet, and that's okay for now?

_____

_____

One thing I want my inner circle to know about how I want to be supported:

_____

_____

> *Add this page to your cancer binder. It'll help whoever ends up helping you coordinate.*

CHAPTER 4 WORKSHEET

My Care Team

Role	Name	Contact / Portal	Notes
Medical Oncologist			
Surgeon			
Radiation Oncologist			
Nurse Navigator			
Palliative Care			
Other:			

Has my case been reviewed by a tumor board? ☐ Yes ☐ No ☐ Not sure (I'll ask)

Do I have a nurse navigator assigned? ☐ Yes ☐ No (worth asking about)

How do I feel about my team so far?

> *Add this to your cancer binder alongside your contact list from Chapter 2.*

CHAPTER 5 WORKSHEET

Second Opinion Planning

Do I want a second opinion? ☐ Yes ☐ No, I feel confident already ☐ Not sure yet

If yes, where am I considering?

Records I need to request: ☐ Pathology report ☐ Imaging/scans ☐ Doctor's notes ☐ Other:

Who do I need to call to start the process?

Questions I want to ask a second-opinion doctor:

1.
2.
3.

How I honestly feel about my current care team right now:

> *File this with your care team notes from Chapter 4.*

CHAPTER 6 WORKSHEET

Making Appointments Count

Who can I bring to appointments to take notes?

Am I comfortable recording appointments? ☐ Yes ☐ No ☐ Depends on the appointment

My running question list (add to this anytime, bring it to every visit):

1.
2.
3.
4.
5.

One thing from a past appointment I wish I'd asked about:

> *Keep this page active. It's meant to be updated between every visit, not filled out once.*

CHAPTER 7 WORKSHEET

My Terminology Notes

Use this page to translate terms as you hear them: your own personal glossary.

Term I heard	What it means, in my own words

Terms from my pathology report I still want explained:

Question to ask at my next appointment: _____

Keep this next to your pathology report copy from Chapter 2. They're meant to be read together.

CHAPTER 8 WORKSHEET

Understanding My Treatment Plan

What treatment(s) have been recommended to me?

Is the goal curative or management-focused?

How is it administered, and how often?

Expected length of treatment: _____

Side effects I've been told to watch for: _____

Side effects that should prompt an immediate call to my care team:

Questions I still want answered:

1. _____
2. _____
3. _____

> *Pair this page with your terminology notes from Chapter 7.*

CHAPTER 9 WORKSHEET

My Information Boundaries

Sources I trust for reliable information: _____

A specific question I want to research (instead of an open-ended search):

A time limit I'll set for myself when searching:

Who can I ask to help research something, so I don't have to do it alone?

A statistic or claim I've come across that I want to ask my care team about:

> *If searching ever starts to feel compulsive rather than helpful, that's worth mentioning to your care team or a therapist (Chapter 14). It's a common and very treatable pattern.*

CHAPTER 10 WORKSHEET

Setting Up My Cancer Binder

Format I'm choosing: ☐ Paper ☐ Digital ☐ Hybrid

Sections I already have started: ☐ Diagnosis notes ☐ Contact list ☐ Pathology/imaging ☐ Care team roster ☐ Medications ☐ Appointment log ☐ Question list ☐ Symptom tracker ☐ Insurance ☐ Financial notes

Sections I still need to start: _____

Where will it live? (binder location, folder name, app):

_____

_____

_____

Who else has access, in case I need help maintaining it?

_____

_____

_____

> *This page is your table of contents. Revisit it any time the binder starts to feel out of date.*

CHAPTER 11 WORKSHEET

My Appointment & Records System

Where does my appointment calendar live, and who else can see it?

My appointment log (*use the table format above, or a page in your binder*)

Results I'm currently waiting on:

What	Ordered By	Date Ordered	Expected By

How will I be notified of results (portal, call, in-person)?

My file-naming system for saved records:

> *Update this page after every appointment: a habit, not a one-time setup.*

CHAPTER 12 WORKSHEET

My Insurance & Paperwork Tracker

My deductible: _____

My out-of-pocket maximum: _____

Do I have a case manager or patient advocate assigned? ☐ Yes ☐ No (I'll ask)

Financial counselor contact at my hospital: _____

Call log

Date	Who I Spoke With	Reference #	What Was Discussed

Bills I'm currently tracking:

Provider	Amount	Due Date	Status

Keep this section current. It's the page you'll reach for most when something needs to be disputed or clarified.

CHAPTER 13 WORKSHEET

Checking In With Myself

What have I been feeling most this week?

Is there a feeling that's persisted for a while without easing?

Is anything about how I'm feeling interfering with sleep, eating, or daily functioning? ☐ Yes ☐ No

One person I can say "I'm having a hard time" to, without needing to explain further:

One small thing that's brought me some relief recently, even briefly:

> *If several answers here point to feeling stuck rather than moving through, Chapter 14 is a good next stop.*

CHAPTER 14 WORKSHEET

Building My Support System

Do I have (or want) an oncology-specialized therapist? ☐ Have one ☐ Want to find one ☐ Not right now

Support group format that appeals most: ☐ In-person ☐ Online ☐ Disease-specific ☐ Not sure yet

Who can I ask about local or virtual group options?

Have I noticed persistent symptoms of anxiety or depression I should mention to my care team?

My plan if I ever need support urgently: _____

> *This page isn't just for a crisis. It's worth filling out now, while things are calmer, so the resources are ready if you need them.*

CHAPTER 15 WORKSHEET

Protecting My Mental Space

A phrase I can use to redirect unwanted advice or stories:

Accounts, sources, or notifications I want to mute or limit:

Who can help run interference on my behalf, so I don't have to every time?

One small grounding practice I want to try this week:

One thing I want to stay connected to that has nothing to do with cancer:

> *Revisit this page whenever the noise starts to feel like too much. Boundaries are allowed to shift.*

CHAPTER 16 WORKSHEET

Talking It Through With My Family

Who do I need to have this conversation with, and when?

What I know so far, in a few sentences (my starting script):

What I need most from this conversation: ☐ To be heard ☐ Help problem-solving ☐ Both ☐ Not sure yet

Tasks that need dividing, and who's taking what:

Task	Who's Handling It

When will we check in on whether this division is still working?

> *Come back to this page in a few weeks. Roles almost always need adjusting once treatment is underway.*

CHAPTER 17 WORKSHEET

Talking to My Kids

Who do I need to tell, and at what ages?

What I want to say, in simple language for their age:

Questions I expect they might ask:

What's staying the same for them (routine, caregivers, school):

Who else can support this conversation (partner, child life specialist, social worker)?

> *Revisit this page as treatment progresses. This is an ongoing conversation, not a one-time talk.*

CHAPTER 18 WORKSHEET

Telling My Wider Circle

Who's in each circle, and roughly how much do I want to share with each?

Close friends: _____

Extended family: _____

Coworkers: _____

Wider acquaintances / social media: _____

Update channel I'm choosing: ☐ CaringBridge/similar ☐ Group text ☐ Email ☐ Social media ☐ Other:

_____

_____

_____

My go-to response to "what can I do?":

_____

_____

_____

My go-to response to unsolicited advice: _____

A person or group I'm not ready to tell yet, and that's okay:

_____

_____

_____

> *It's fine for this list to change. Revisit it as your circle, and your comfort level, evolve.*

CHAPTER 19 WORKSHEET

Navigating Work

Am I eligible for FMLA or a similar protection? ☐ Yes ☐ No ☐ Need to confirm with HR

Do I have short-term disability coverage? ☐ Yes ☐ No ☐ Need to confirm

Who at work needs to know, and how much will I tell each person?

HR: _____

Manager: _____

Team/coworkers: _____

My go-to phrase if I want to disclose minimally:

_____

_____

_____

Questions to bring to my HR meeting:

1. _____
2. _____
3. _____

> *File any leave paperwork and HR correspondence in your cancer binder alongside your insurance records (Chapter 12).*

CHAPTER 20 WORKSHEET

My Financial Picture

Rough monthly income during treatment (including any disability benefits):

Expected medical costs (deductible, copays, out-of-pocket max):

Expected indirect costs (travel, childcare, lost income, food):

Financial assistance programs I want to look into:

Who can help me apply (social worker, navigator, financial counselor)?

Am I open to a fundraiser or meal train? Who could help set one up?

> *Keep this page updated in your cancer binder as real costs come in. The first draft is meant to be rough.*

CHAPTER 21 WORKSHEET

Accepting Help

A specific task I could actually use help with right now:

Someone who's offered help that I haven't taken them up on yet:

System I want to set up: ☐ Meal train ☐ Ride schedule ☐ Task list ☐ All of the above

Who can help me set it up (point person, family member)?

One belief I want to challenge about accepting help:

> *If "I don't want to be a burden" is still sitting with you after this chapter, that's worth revisiting with your inner circle (Chapter 3) or a therapist (Chapter 14). It's a very common feeling worth working through, not just noting.*

CHAPTER 22 WORKSHEET

Getting Ready

Specific prep instructions from my care team:

Transportation plan for procedures/appointments:

My recovery spot, and what I'm stocking it with:

Easy meals I'm stocking up on:

Physical adjustments I want to make at home (shower chair, moving items, single-floor living):

Key phone numbers to post somewhere visible:

> *Revisit this page after your first treatment session. You'll know a lot more about what actually helps once you've been through one.*

CHAPTER 23 WORKSHEET

My Symptom Tracker

Date	Symptom	Severity (1–10)	Better/Worse With	New or Recurring

My care team's specific "call immediately" list:

My care team's after-hours / emergency contact number:

Anti-nausea or other symptom management plan currently in place:

> *Bring this log to every appointment. It turns vague descriptions into information your care team can actually use.*

CHAPTER 24 WORKSHEET

My Day-to-Day Rhythm

What does a good-energy day currently look like for me?

What does a low-energy day currently look like for me?

My small morning anchor, regardless of the day:

One thing that's just for me, unrelated to treatment:

A milestone coming up that I want to mark deliberately:

Am I avoiding activity out of fear rather than actual need? Worth discussing with:

> *Revisit this page as treatment phases change. Your rhythm is allowed to evolve.*

CHAPTER 25 WORKSHEET

Redefining Normal

What did “normal” mean to me before this diagnosis?

What does uncertainty look like for me right now, and how am I currently relating to it?

A recent moment where hope and a hard feeling coexisted for me:

One thing I’ve learned I can carry that I didn’t know I could before this:

What I want “normal” to mean going forward, on my own terms:

> *There’s no deadline on answering these. Some of them may take months or years to fully settle.*

CHAPTER 26 WORKSHEET

My Next 90 Days

The three things I most want to focus on next:

1. _____
2. _____
3. _____

Who I'm leaning on most right now, and have I told them how much that means:

One piece of this book I want to revisit again soon:

Something I've carried through this that I didn't know I could:

A note to myself, for the next time this feels like too much:

> *Keep this page at the front of your binder. Come back to it whenever you need a reminder of how far you've come.*

REUSABLE TRACKER

Appointment Log

(First introduced in Chapter 11)

Date	Provider	Reason for Visit	Key Takeaways	Follow-Up Needed

REUSABLE TRACKER

Running Question Tracker

(First introduced in Chapter 6)

Add to this the moment a question crosses your mind. Don't wait for the appointment to remember it.

Date Added	Question	Asked?	Answer

REUSABLE TRACKER

Symptom Tracker

(First introduced in Chapter 23)

Date	Symptom	Severity (1–10)	Better/Worse With	New or Recurring

My care team's "call immediately" list: _____

REUSABLE TRACKER

Insurance & Billing Call Log

(First introduced in Chapter 12)

Date	Who I Spoke With	Reference #	What Was Discussed

Bills currently tracking:

Provider	Amount	Due Date	Status

REUSABLE TRACKER

Care Team Contact List

(First introduced in Chapter 2 and Chapter 4)

Name	Role	Phone	Portal / Best Contact Method

REUSABLE TRACKER

“Who to Tell” Tracker

(First introduced in Chapter 3 and Chapter 18)

Person / Group	Circle (Inner / Family / Friends / Wider)	Told?	Date

My point person for updates: _____

REUSABLE TRACKER

Help-Request Template

> *(First introduced in Chapter 21)*

Use this to turn a vague need into something someone can actually act on:

> *"I could really use help with [specific task] on [specific date/timeframe]. Would you be able to help with that?"*

Current specific needs I can ask for:

1. _____
2. _____
3. _____

Meal train / ride schedule / task list link (once set up):

_____

_____

_____

> *These templates are meant to be copied, adapted, and reused as often as needed. There's no single "correct" version. Use whatever format (paper, spreadsheet, notes app) you'll actually keep up with.*