

Communicating After Cancer

STEP 0. BEGIN WITH THE END IN MIND

Complete this self-evaluation. This is important for personalizing the way you communicate with your family, friends and coworkers. Check all that apply.

What do you hope to accomplish with your communication?

- Keep a few family & friends updated
- Encourage and inspire other survivors
- Keep everyone who asks updated
- Share my experiences with others
- Answer questions and provide support
- Set better boundaries
- Find support for myself or loved one
- I'm not sure/Other

How open are you to talking about your cancer experience?

- I'd rather not talk about it
- I proactively talk about cancer
- I will talk about cancer if asked
- I am not concerned about privacy

How do you prefer to communicate?

- In person, face to face
- Digitally (email, social media, etc.)
- On the phone
- Virtually (Facetime, video conference, etc.)

With which aspect of communication are you *least* comfortable?

- Being proactive or being assertive
- Communicating vulnerabilities
- Defining or keeping personal boundaries
- Asking for help

STEP I. WHO IS YOUR AUDIENCE?

YOUR "A" LIST	YOUR "B" LIST

STEP II. WHAT DO YOU SAY?

Self	A & B List	Everyone Else

STEP III. CHOOSE YOUR COMMUNICATION METHOD

Once you determine your end goals, you can choose the most effective and efficient way to distribute your message.

	Interpersonal Style	Hyperpersonal Style	Hybrid Style
Communication Matrix	Face-to-Face 1:1 Phone Call 1:1 Email/Mail 1:1 Text Message	Personal Blog Online Support Social Media Group Text	Facebook Groups Private Blog Local Online Groups Support Apps
Private	Yes	No	No
Broadcast	No	Yes	Yes
Support	Yes	Yes	Yes