



Reflection Questions

Newly Diagnosed

Anchor Phrase: I'm Part of the Story

www.thenegativespace.life

Take a moment to reflect.

What have been the effects of this new diagnosis on **your life and well-being**?

In what ways do you imagine this diagnosis will impact **your life and well-being** moving forward?

What reactions do you have or emotions do you experience when you hear us say that **you are part of the story**?

What might be at the root of those feelings?

How might this season of caregiving be different if you go into it with the understanding that **you are part of the story**?