



CANCER PATIENTS & SURVIVORS WRITING PROMPTS

- Write about when you first learned you had cancer. What emotions were present? What changed?
- Write about a specific moment you can recall from your cancer journey. It can be an interaction between you and a nurse, it can be the first time you spoke to another patient, etc.
- Write about the feeling you had right before your first treatment. Were you anxious? Were you scared?
- Write about someone or something that you leaned on during your cancer treatment. How did they help you get through treatment?
- Write a letter of encouragement to your body. What would you say?
- Write about your first experience of side effects from treatment. What did it feel like? How did you cope with them?