

## Silver Linings

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1 Name one positive thing that came from your diagnosis. For me it was that I was able to take time off of work and spend more time with my daughter.

2 Now think about the following:

1. In relationship to time, what did having cancer do for you in terms of time?

2. In relationship to responsibilities...

3. In relationship to your physical self...

4. Your relationships with others (who are your friends/family)...

5. Your partner in crisis...

6. What about you (fortitude)...

7. Relationship to money (lose your ability to earn)...