

## The diagnosis: to talk or not to talk about it to people around me

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### Why talk about it? Why not talk about it?

We encourage you to make a list of possible pros and cons depending on your situation:

THE DIAGNOSIS: TO TALK ABOUT IT TO PEOPLE AROUND ME?	
ADVANTAGES	DISADVANTAGES

Possible advantages to consider: reducing stress and anxiety, promoting socialization, building a support network, avoiding misunderstandings, etc.

Possible disadvantages: you are not ready; people around you are having particular difficulties, etc.

## Who to talk to about this? When?

Secondly, we invite you to respond spontaneously to the following questions:

THE DIAGNOSIS	
Talk to <b>whom</b> ?	
Which members of the family or of our circle of friends?	
<b>When</b> could it be a good time for us?	

## How to get ready?

Here are a few things to think about to prepare yourself for the announcement of the diagnosis, at the appropriate time.

TIPS FOR REFLECTION	WHICH WAY TO GO ABOUT IT?
<b>Who</b> could announce it?	
<b>How</b> to say it in a clear, simple and concise way?	

TIPS FOR REFLECTION	WHICH WAY TO GO ABOUT IT?
How to <b>respond to questions</b> that may be asked?	
<p>How can we prepare for possible individual reactions?</p> <ul style="list-style-type: none"> <li>– Learn about the disease first and then about the available <b>resources</b>.</li> <li>– Give everyone the same <b>information as much as possible at the same time</b>.</li> <li>– Prepare some <b>suggestions of references</b> to consult for family members or close relatives and print a short document for each one.</li> </ul>	