

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

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 whom ?	
Which members of the family or of our circle of friends?	
When 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?
Who could announce it?	
How to say it in a clear, simple and concise way?	

TIPS FOR REFLECTION	WHICH WAY TO GO ABOUT IT?
How to respond to questions that may be asked?	
How can we prepare for possible individual reactions? – Learn about the disease first and then about the available resources. – Give everyone the same information as much as possible at the same time. – Prepare some suggestions of references to consult for family members or close relatives and print a short document for each one.	