

KEEPING A DIARY OF YOUR THOUGHTS

Date	What happened?	How I felt (0-10)	My unhelpful thoughts	My helpful thoughts	How I feel now (0-10)
12/3	Chemo delayed because I have a chest infection.	Anxious (7/10) Angry (5/10)	This is so typical'; nothing ever goes right for me. I don't think this is a chest infection. The cancer has spread. Delaying the chemo now will let it spread.	That is not true; many things go right for me. This is a real struggle but I am managing bit by bit. My chest has felt like this before and it was an infection then, too. It doesn't mean the cancer has spread. This is just a hiccup, not some sort of disaster.	Anxious (4/10) Angry (3/10)

Extracted from: MacDonald, Mandy, 'Depression' in Hodgkinson, Dr Katharine; Gilchrist, Dr Jemma (eds), *Psychosocial Care of Cancer Patients: A Health Professional's Guide to What to Say and Do*, Ausmed Publications (2008, Melbourne), 110.

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