

# Managing tricky conversations



A blood cancer diagnosis suddenly changes the types of conversations you have, often while trying to process your own feelings, emotions and life changes. These conversations can pop up in many aspects of your life.

## Some examples of tricky conversations:

- Talking about your diagnosis and managing other's emotions
- Deciding how much to share at work
- Raising difficult topics ie: fertility / future planning
- Planning for appointments while processing new information
- Asking for help while wanting to maintain independence and control
- Talking to children & knowing how best to support them

**The most important questions are often the ones that we wouldn't dare ask**

Esther Perel

## Helpful hints and tips:

- **Focus on** what is in your control, accept the things that are out of your control
- **Be clear** and honest when talking to others
- **Use technology** to share messages to large groups to avoid repetition of information
- **Set clear boundaries** around your communication preferences
- **Learn to say** 'no thank-you' without guilt or obligation
- **Ask for help**, by starting with small, specific requests

## Questions to consider:

- What conversations have you found challenging since diagnosis?
- What helps you decide how much to tell people?
- Is there anything you want to know about and haven't been able to ask?
- How has it been for you to ask for or accept help?

## Resources

Click on each resource to follow the link

[Webinar 'Talking to kids about blood cancer'](#)  
[Leukaemia Foundation](#)

[Advance Care Planning Australia](#)

[Talking to kids about cancer](#)  
[Cancer Council](#)

[Live Work Cancer](#)



For more information, go to the Leukaemia Foundation website or call 1800 620 420.

**Leukaemia Foundation**