

## Negative Interactions

Instructions: Sometimes even when people have good intentions, they say something or do something that upsets us. I am going to list some of these things. Think about the period of time since you were diagnosed up until today. How often did the following situations arise with ***your family or friends***. Using the scale that reads:

	1 never	2 rarely	3 sometimes	4 often	5 very often			
1. changes the subject when I try to discuss my illness				1	2	3	4	5
2. tells negative stories about other people who have cancer				1	2	3	4	5
3. doesn't understand my situation				1	2	3	4	5
4. avoids me				1	2	3	4	5
5. appears afraid to be around me				1	2	3	4	5
6. minimizes my problems				1	2	3	4	5
7. seems to be hiding feelings				1	2	3	4	5
8. acts uncomfortable when I talk about my illness				1	2	3	4	5
9. trivializes my problems				1	2	3	4	5
10. tells me I look well when I don't				1	2	3	4	5