

# WHAT NOT TO DO

## *when a friend has* cancer

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This advice is derived from a segment on TODAY featuring three SHARE participants that aired on October 14, 2014.

### DON'T

Don't offer unsolicited advice.

Don't be afraid to call.

Don't talk. Listen.

Don't forget privacy.

Don't wait to be asked.

Don't disappear.

### *because...*

Chances are your friend has received counsel from many doctors. The last thing anyone needs is to feel that he or she hasn't done enough.

When people are sick they may begin to feel that they have become invisible, that they have no value. They need to know that you are out there thinking of them, praying for them.

Your role is to be supportive. But if you have had cancer, you could say, "When I was sick, meditation was helpful. Would you like to hear about it?"

Don't talk about a friend's cancer to others unless you have been given permission to do so.

Some people find it very hard to ask for help. Be available. Offer to do the shopping, drive to an appointment, walk the dog.

Cancer is a long illness. Let people know you are there for them for the long haul. Keep those cards and emails coming.