

Cancer Survivor Self-Assessment

Cancer is different for everyone, and the survivorship stage is no different. Some people struggle with stress or feelings of isolation, while others may not. Take this short assessment to help you identify current, common challenges you may be facing.

Instructions:

Circle your answer to each question.

- 1 Are you a survivor or co-survivor?
 - a. **Yes**
 - b. **No**

- 2 How have you been feeling lately (choose all that apply):

| | |
|---------------------|----------------------|
| a. Happy | f. Stressed |
| b. Depressed | g. Grateful |
| c. Calm | h. Frustrated |
| d. Anxious | i. Excited |
| e. Relieved | j. Angry |

- 3 Have you noticed a change in your relationships? For example, have certain people in your life become more distant since you finished treatment?
 - a. **Yes**
 - b. **No**

- 4 Do you ever feel like your loved ones don't know how to talk to you about your cancer?
 - a. **Yes**
 - b. **No**

- 5 Do you ever feel like you don't know how to talk to your loved ones about your cancer?
 - a. **Yes**
 - b. **No**

- 6 Have you had physical changes as a result of your cancer? For example, changes in foods you eat, your appearance, or loss of a body part, such as an arm or leg.
 - a. **Yes**
 - b. **No**
 - c. **I'm not sure**

- 7 Have you had any of these since entering the survivor stage of your cancer journey: feelings of isolation, guilt, or lingering physical and/or mental fatigue?
 - a. **Yes**
 - b. **No**
 - c. **I'm not sure**

8 If you've had to make any changes to your daily life, are you clear on how to move forward, and does that shift seem reasonable?

- a. **Yes**
- b. **No**
- c. **I'm not sure**

9 Are you going back to work?

- a. **Yes, and I am looking forward to going back to work**
- b. **Yes, but I am not looking forward to going back to work**
- c. **No, but I do not want to go back to work**
- d. **No, but I would like to go back to work**

10 Are you aware of help for cancer survivors and where you might find more support?

- a. **Yes**
- b. **No**

How to score your answers:

1. Count the number of answers that are **BLUE**: _____
2. Count the number of answers that are **TEAL**: _____
3. Read the information below for tips:

If **6** or more of your answers are **BLUE**

Surviving cancer can be challenging in ways we don't anticipate. It may be helpful to talk with your doctor, caregiver, or other member of your healthcare team about some of the challenges that are unique to your journey. Patient advocacy groups like [CancerCare](#) and the [National Coalition for Cancer Survivorship](#) also have helpful resources for every stage of the cancer journey.

You can also find information to help you manage the challenges of survivorship throughout Your Cancer Story.

- For tips on talking to loved ones and your healthcare team about cancer, visit www.YourCancerStory.com/Communication
- For help managing the emotional challenges of cancer, visit www.YourCancerStory.com/Emotional-Health
- For healthy recipes and other physical health tips, visit www.YourCancerStory.com/Physical-Health

If **6** or more of your answers are **TEAL**

A cancer journey is ever-changing, so be sure to talk with your doctor and healthcare team as new questions or challenges arise. You can also find resources and helpful tips related to communication, emotional health, physical health, and survivorship on [YourCancerStory.com](#). Patient advocacy groups like [CancerCare](#) or the [National Coalition for Cancer Survivorship](#) also have helpful resources for every stage of the cancer journey.

Your Cancer Story is a Merck-sponsored platform dedicated to providing patients and caregivers with insights and resources that help you take an active role in addressing the various challenges of living with cancer.

For additional resources and to hear stories from people like you, visit YourCancerStory.com