

PDQ Exercise

JH 1981

JH describes herself as a wife, aunt, sister and daughter. She is very close with her family and has been the person to “keep her family together”. This has placed JH in a difficult position of the person with cancer while also providing emotional support for family members. She has found herself providing comfort for her family. JH takes her role as support for her family diligently and enjoys providing support for others. Yet at the same time, feels a bit “lost in the room” when thinking about her cancer diagnosis. In the past, JH has enjoyed reading and the outdoors as ways to cope with difficult situations. She finds the outdoors refreshing and grounding.