

## "What to say / what NOT to say" pocket card

For caregivers, friends, family. *Print this. Cut it out. Keep it in your wallet for the moments when you don't know what to say.*

### WHAT TO SAY

#### ACKNOWLEDGMENT

"This is a lot. I'm here."

#### SPECIFIC OFFER

"I'm bringing dinner Wednesday at 6. What food are you avoiding right now?"

#### PERMISSION

"You don't have to be brave. You don't have to be inspirational. You can just be you."

#### HONESTY

"I don't know what to say. I just love you."

#### LONG-TERM

"I'm here next month. And the month after."

#### LISTENING

"Tell me what you actually want to talk about today."

### WHAT NOT TO SAY

- "At least it's not [worse type of cancer / condition]."
- "My friend's friend's wife had this and she's fine now."
- "Stay positive!"
- "You've got this!" / "You're a fighter!"
- "Have you tried [supplement, diet, alternative therapy]?"
- "Everything happens for a reason."
- "Let me know if I can do anything" — too vague; offer something specific instead

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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