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Coping with Cancer Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Identify Your Stressors

2 · Dealing with Stressors

3 · Managing Treatment Side Effects

4 · Understand Your Emotions

5 · Cognitive Distortions

6 · Progressive Muscle Relaxation (PMR)

7 · Imagery Techniques for Relaxation

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9 · Your Bill of Rights

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11 · Decision-Making

12 · Coping with Uncertainty

13 · Grief and Loss Processing

14 · Pleasurable Activities Inventory

15 · Social Support

16 · Practice Self-Compassion

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Identify Your Stressors

1. Physical Stressors

Identify any physical symptoms or side effects of treatment that cause you stress. This may include pain, fatigue, nausea, changes in appetite, and other discomforts related to the cancer experience.

2. Emotional Stressors

Recognize the emotional challenges associated with cancer. This may include feelings of fear, anxiety, sadness, anger, grief, and uncertainty about the future.

3. Social Stressors

Consider the impact of relationships and social interactions on your stress levels. Address concerns about how others perceive you, feeling isolated, or managing family and friend dynamics.

4. Intrapersonal Stressors

Explore the internal struggles and cognitive challenges related to cancer. This may involve intrusive thoughts, worries about the future, and uncertainty about the disease's progression.

5. Daily Triggers

Take note of everyday events or situations that consistently lead to increased stress levels. This could be related to treatment routines, medical appointments, or specific activities.

6. Stressors Tracking

Over the next week, keep a journal of your stressors.

Date	Event/ Stressor	Experience
<i>e.g.</i> <i>Monday</i>	<i>Family conflict</i>	<i>Felt sad and lonely, upset stomach, trouble eating</i>

Dealing with Stressors

Stressor: _____

1. Identify Controllable Aspects:

After pinpointing a specific stressor, consider aspects of it that may be within your sphere of influence. This might involve behaviors, decisions, communication, or seeking support.

2. Generate Coping Strategies:

Brainstorm and list concrete coping strategies that align with the controllable aspects identified. These strategies should be actionable and tailored to address the specific stressor.

Coping Strategies:

1. _____
2. _____
3. _____

4. Implement and Reassess:

Put these coping strategies into action and monitor their effectiveness. Adjust and refine your approach as needed.

Stressor	Controllable Aspect	Coping Strategies
<i>e.g., Physical symptoms and discomfort from cancer and treatment</i>	<i>Engaging in self-care practices and adhering to treatment plans</i>	<i>relaxation techniques, such as deep breathing or meditation; follow prescribed medication and treatment regime</i>

Managing Treatment Side Effects

1. Understanding the Side Effects:

- Identify and list the specific side effects you have experienced as a result of cancer treatment. This may include physical symptoms, emotional changes, cognitive effects, etc.

2. Impact Assessment:

- Reflect on how these side effects have affected different areas of your life, such as work, relationships, self-image, and overall well-being. Consider the level of disruption caused by these effects.

3. Symptom Management Strategies:

- Explore and document the strategies that have been effective in alleviating or managing specific side effects. This may involve medication adherence, dietary modifications, complementary therapies, relaxation techniques, or physical activity.

4. Advocacy and Empowerment:

- Consider ways in which you can advocate for your needs as a patient experiencing treatment side effects. Reflect on empowering yourself with knowledge, seeking second opinions, and actively participating in decision-making regarding your care.

Understand Your Emotions

1. Body Sensations

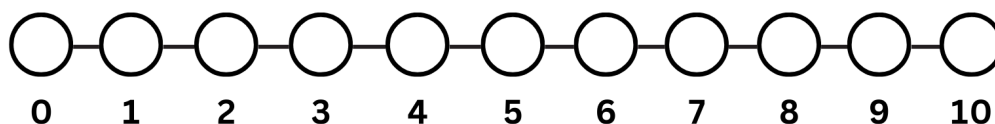
Pay attention to the physical sensations associated with each emotion. Describe how your body reacts when experiencing different emotions. This may include changes in heart rate, muscle tension, breathing patterns, or any other bodily responses.

2. Emotion Labeling

Begin by reflecting on the emotions you've experienced since your cancer diagnosis and throughout treatment. Write down the emotions that come to mind, such as fear, anger, sadness, confusion, hope, relief, or any others that resonate with you.

3. Intensity Scale

Next, assign a level of intensity to each emotion on a scale from 0 to 10, with 0 being the lowest and 10 being the highest.



4. Trigger Identification

Think about the specific triggers or circumstances that elicit each emotion. Are there particular events, treatments, interactions, or thoughts that consistently evoke strong emotions?

5. Coping Strategies

Reflect on the coping strategies you currently use to manage your emotions. Identify which strategies are helpful and which may need adjustment or expansion.

6. Emotion Tracking

Over the next week, keep a journal of your daily emotions.

Date	Emotions	Influencing factors	Coping strategies employed
<i>e.g. Monday</i>	<i>Overwhelmed, Sad</i>	<i>Pending test results</i>	<i>Deep breathing, Listening to calming music</i>

Cognitive Distortions

Cognitive distortions are patterns of biased thinking that can contribute to feelings of distress, anxiety, and depression. The following are some common examples:

1. Catastrophizing: This distortion involves exaggerating the negative implications of a situation and assuming the worst-case scenario will occur.

Example: "Because I have been diagnosed with cancer, I'm convinced that I will never recover, and my life will be filled with constant pain and suffering."

2. Personalization: This distortion involves attributing an excessive amount of personal responsibility to oneself for events outside of one's control.

Example: "I feel like I have caused my cancer because of my unhealthy habits in the past. It's all my fault."

3. Overgeneralization: This distortion involves drawing broad conclusions based on a single or limited occurrence.

Example: "My uncle passed away from cancer, so I am sure that I will also have the same fate."

4. Mental Filtering: This distortion involves selectively focusing only on negative aspects of a situation while ignoring any positive elements.

Example: "Despite the successful treatment, all I can think about is the possibility of the cancer returning."

5. Emotional Reasoning: This distortion involves assuming that because one feels a certain way, it must reflect the reality of the situation.

Example: "I feel so scared and anxious about my treatment, so it must mean that it's not going to work, and I won't get better."

6. All-or-Nothing Thinking (Black and White Thinking): This distortion involves seeing situations in absolute, all-or-nothing terms without acknowledging the gray areas or middle ground.

Example: "If my cancer treatment doesn't result in complete remission, then it's a total failure, and there's no point in even trying."

7. Labeling: This distortion involves applying harsh, global labels to oneself or others based on specific events or situations.

Example: "Because I have cancer, I am now a burden to my family and friends. I'm nothing but a source of stress and worry for everyone around me."

8. Should Statements: This distortion involves imposing rigid expectations and standards on oneself or others, leading to feelings of guilt or inadequacy.

Example: "I should be more positive and hopeful about my cancer treatment. I shouldn't feel scared or uncertain."

9. Mind Reading: This distortion involves assuming that one knows what others are thinking or how they perceive a situation without concrete evidence.

Example: "I'm sure my family members are secretly disappointed in me because I can't be as energetic or involved in daily activities due to my cancer. I know they wish they didn't have to deal with this."

1. What automatic thoughts or beliefs often arise when facing difficulties related to cancer? Are there any consistent patterns in your thinking that may indicate cognitive distortions, such as catastrophizing, overgeneralization, or black-and-white thinking?

Negative thought: _____

Type of cognitive distortion: _____

*Example: **Negative thought:** "My cancer diagnosis means my life is ending, and there's no hope for the future."*

Type of cognitive distortion: *catastrophizing*

2. Write down evidence for and against your negative thought.

Evidence for	Evidence against
<i>e.g. - Clinical data and medical information about the severity of the cancer diagnosis.</i>	<i>- Medical advancements and treatment options that have significantly improved survival rates and quality of life for many individuals with cancer.</i>

3. Reframe your negative thought to cultivate a more balanced and realistic perspective.

*Example: **Reframed thought:** "My cancer diagnosis presents significant challenges, but it also opens doors to accessing effective treatments, receiving support from healthcare professionals, and strengthening connections with loved ones. While there are uncertainties, there is also potential for hope, personal growth, and meaningful moments in my life moving forward."*

Reframed thought:

4. Use positive affirmations to reinforce the reframed perspective.

Example:

"I am resilient, capable, and deserving of support as I navigate the challenges of cancer."

"I embrace each day with courage and determination, finding strength in the face of uncertainty."

Progressive Muscle Relaxation (PMR)

Progressive Muscle Relaxation (PMR) is a relaxation technique that involves tensing and then relaxing specific muscle groups in a systematic way to reduce physical tension and promote relaxation. By practicing PMR regularly, you can develop greater awareness of muscle tension and learn to release physical stress more effectively.

1. Find a quiet and comfortable place where you can sit or lie down without being disturbed.

2. Start by taking a few deep breaths, inhaling slowly through your nose and exhaling slowly through your mouth. Focus on letting go of any tension with each exhalation.

3. Begin with the muscle groups in the following sequence:

- **Hands:** Clench your fists tightly for 5-10 seconds, feeling the tension in your hands and forearms. Then, release the tension suddenly and allow your hands and fingers to relax completely for 20-30 seconds.

- **Arms and Biceps:** Bend your elbows and flex your biceps, feeling the tension in your upper arms. Hold for 5-10 seconds, then release and let your arms go limp for 20-30 seconds.

- **Jaw:** Clench your jaw tightly, feeling the tension in your jaw. Hold for 5-10 seconds, then release and let your jaw and neck muscles loosen for 20-30 seconds.

- **Shoulders:** Shrug your shoulders up toward your ears to create tension in your shoulder muscles. Hold for 5-10 seconds, then release and allow your shoulders to drop and relax for 20-30 seconds.

- **Chest and Back:** Take a deep breath and expand your chest, feeling the tension in your chest and back. Hold for 5-10 seconds, then exhale and allow your chest and back muscles to release and relax for 20-30 seconds.

- **Stomach:** Tighten your abdominal muscles, creating tension in your stomach area. Hold this contraction for 5-10 seconds, focusing on the sensation of tightness in your abdomen. Then, release the tension suddenly and allow your stomach muscles to relax completely for 20-30 seconds.

- **Legs and Feet:** Straighten your legs and point your toes to create tension in your leg muscles and feet. Hold for 5-10 seconds, then release and let your legs and feet go limp for 20-30 seconds.

4. As you tense each muscle group, focus on the sensations of tension and then consciously release and relax the muscles. Pay attention to the contrast between tension and relaxation.

5. Repeat the cycle of tensing and relaxing each muscle group two to three times in succession.

6. After completing the PMR sequence, take a few moments to enjoy the feeling of relaxation and observe the reduced physical tension in your body.

Imagery Techniques for Relaxation

1. Find a quiet and comfortable place where you can sit or lie down without being disturbed.
2. Close your eyes and take a few deep breaths to center yourself and prepare for the imagery exercise.
3. Choose a specific scenario or setting that brings you feelings of calmness and serenity. This can be a real place you've been to, or it can be entirely imaginary.
4. Use all your senses to create a vivid mental picture of this setting. Imagine what you see, hear, smell, taste, and feel in this peaceful environment.

After the exercise, reflect on your experience. Did the imagery technique help you to relax and reduce stress? What did you find most helpful about this exercise?

Assertiveness Training

1. In each scenario below, consider how you might respond assertively to address the given situation. Use "I" statements to express your thoughts and feelings clearly and respectfully.

Scenario 1:

You are experiencing discomfort from side effects of cancer treatment, but you have trouble discussing it with your healthcare provider.

Example Response:

"I appreciate the care I've received, and I want to address some discomfort I've been experiencing due to treatment side effects. I would like to discuss potential solutions and options for managing these symptoms to improve my quality of life during this process."

Your response:

Scenario 2:

A well-meaning friend shares unsolicited advice about alternative treatments, causing you additional stress.

Example Response:

"I understand that you're trying to be supportive, and I appreciate your concern. I'm focusing on the treatment plan recommended by my healthcare team and right now what would be most helpful for me is emotional support and understanding as I navigate this process."

Your response:

Scenario 3:

You feel overwhelmed by the number of visitors and well-wishers at the hospital, and you need time alone to rest and recover.

Example Response:

"I'm grateful for everyone's support, and I truly appreciate your visits. But, I need some quiet and rest to conserve my energy and focus on healing. I'd love to connect once I'm feeling up to it."

Your response:

Scenario 4:

You're struggling to juggle work responsibilities and cancer treatment schedules.

Example Response:

"I value my role at work, and I'm committed to managing my responsibilities effectively. Given the demands of my treatment schedule, I need to explore some flexible work arrangements or accommodations to ensure I can balance my health needs and work commitments."

Your response:

2. Use the following chart to identifying and documenting different situation where you can practice being more assertive. For each situation, take note of your initial response or reaction then consider a more assertive response that you can use in the future.

Situation	Physical and emotional reaction	Initial Response	Possible Assertive Response
<i>e.g., a loved ones offering unsolicited advice about my treatment choices</i>	<i>Feeling overwhelmed</i>	<i>not addressing the issue</i>	<i>"I appreciate your concern, but this is overwhelming for me. I would prefer to discuss my options with my medical team."</i>

Your Bill of Rights

The following is a list of rights to help you become more assertive. Check off the ones you want to focus on reinforcing or add more to the list:

- ☐ The right to be treated with dignity and respect by healthcare providers and support staff.
- ☐ The right to comprehensive and understandable information about the diagnosis, treatment options, and potential side effects.
- ☐ The right to access second opinions and additional medical information to make informed decisions.
- ☐ The right to privacy and confidentiality regarding your medical information.
- ☐ The right to express your concerns and feedback about your care experience without fear of retribution.
- ☐ The right to receive care that is free from discrimination based on race, gender, sexual orientation, or other factors.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Manage Your Anger

1. Identify Triggers:

Begin by listing situations, thoughts, or interactions that tend to trigger feelings of anger in relation to your cancer diagnosis. This could include aspects such as treatment side effects, changes in daily routines, communication challenges, etc.

2. Recognize Physical Cues:

Pay attention to the physical signs that accompany your anger. This could range from muscle tension and increased heart rate to shallow breathing or sweating. Noting these cues can serve as early indicators of escalating anger.

3. Understand Your Thoughts:

Describe the thoughts and self-talk patterns that emerge when you experience anger related to your cancer journey. For example, you might find yourself expressing frustration about the impact of the diagnosis on your life, or feeling a sense of injustice about the situation.

4. Reflect on Consequences:

Take a moment to reflect on the potential consequences of expressing anger in different ways. Consider how different responses may impact your well-being, relationships, and overall emotional resilience during your cancer journey.

5. Explore Coping Strategies:

Outline healthy coping mechanisms and strategies that you can employ when anger arises. This could include techniques such as deep breathing exercises, mindfulness practices, journaling, engaging in physical activity, or seeking support from loved ones and healthcare professionals.

6. Plan Assertive Communication:

If certain interpersonal dynamics contribute to your anger, consider outlining assertive communication strategies in the worksheet. This may involve identifying "I" statements to express your needs and boundaries effectively, especially in discussions related to your cancer diagnosis.

Decision-Making

1. Decision Identification:

- Identify the specific decision or decisions you are currently facing in relation to your cancer diagnosis and treatment. This may include treatment options, care providers, lifestyle changes, and support resources.

2. Emotional Responses:

- Document the emotional responses making these decisions triggers. Acknowledge feelings of uncertainty, fear, hope, and any other emotions that have surfaced throughout this process.

3. Gathering Information:

- List the essential information you have gathered about each decision. This may involve medical recommendations, potential risks and benefits, success rates, alternative approaches, and insights from trusted sources.

4. Values and Priorities:

- Reflect on the values, priorities, and goals that are important to you as you consider these decisions. Consider how each option aligns with your personal beliefs, quality of life considerations, and long-term aspirations.

5. Decision Pros and Cons:

- Create a list of the potential benefits and drawbacks associated with each decision. This can help clarify the factors that weigh into your choice and illuminate the trade-offs involved.

Decision: _____

Pros	Cons

6. Exploration of Alternatives:

- Consider any alternative options or courses of action that may be available for each decision. This may involve seeking second opinions, exploring complementary therapies, or considering different approaches to care.

Coping with Uncertainty

1. Identify Areas of Uncertainty:

Begin by listing specific aspects of your cancer journey that feel uncertain or out of your control. This could include treatment outcomes, potential side effects, fluctuations in emotional well-being, or long-term prognosis.

2. Explore Your Emotions:

Reflect on the emotions that surface when you contemplate these uncertainties. You might experience feelings of anxiety, fear, frustration, or even hopelessness.

3. Challenge Negative Thoughts:

Identify any negative thoughts or cognitive patterns that contribute to distress in the face of uncertainty. This could involve beliefs about worst-case scenarios, self-doubt regarding your ability to cope, or a sense of powerlessness. Work on reframing these thoughts with a focus on resilience and adaptability.

Thought: _____

What would I say to a friend in this situation?

4. Set Realistic Expectations:

Reflect on the concept of realistic expectations and how it applies to your journey with cancer. This involves finding a balance between acknowledging the potential challenges ahead while also recognizing the strengths, resources, and support available to you.

5. Focus on Present Moment:

Consider incorporating mindfulness-based activities such as grounding exercises or sensory awareness practices. These can help anchor you in the present moment, allowing for a sense of stability amidst uncertainty.

5-4-3-2-1 Technique

- Identify 5 things you can see around you.
- Acknowledge 4 things you can touch or feel (e.g., the texture of an object, the chair beneath you).
- Notice 3 things you can hear in your environment.
- Recognize 2 things you can smell.
- Focus on 1 thing you can taste (if applicable).

Breathing Exercises

- Practice deep breathing by inhaling slowly through your nose for a count of 4, holding for a count of 4, and exhaling through your mouth for a count of 4. Repeat this several times to bring your focus to your breath and promote relaxation.

Counting and Breathing

- Count backward from 100 while pairing each number with a slow, deliberate breath. For example, "100 - inhale, 99 - exhale, 98 - inhale," and so on. This can help redirect your attention to the rhythmic pattern of breathing.

Grief and Loss Processing

1. Identification of Loss:

- Acknowledge the specific losses you have experienced due to cancer. This may include the loss of physical health, independence, normalcy, future plans, or relationships.

2. Exploration of Emotions:

- Reflect on the emotions that have emerged since the cancer diagnosis and throughout the treatment process. These may include sadness, anger, fear, guilt, loneliness, and uncertainty.

3. Impact Assessment:

- Consider the impact of the losses on various aspects of your life, such as your sense of identity, relationships with others, daily activities, and overall well-being. Recognize how these losses have influenced your thoughts and behaviors.

4. Coping Mechanisms:

- Identify the coping strategies you have utilized to navigate the challenges of cancer-related losses. This may involve seeking support from loved ones, engaging in creative outlets, practicing relaxation techniques, or attending support groups.

5. Integration and Meaning-Making:

- Reflect on the ways in which you can integrate the experience of loss into your life story. Consider the potential for personal growth, newfound perspectives, and the meaning that has emerged from your journey with cancer.

Pleasurable Activities Inventory

1. Start by listing a variety of activities that you enjoy or that have brought you pleasure in the past. The following are some common examples. Check off the ones you want to try or add more to the list:

- ☐ Reading a favorite book
- ☐ Listening to music
- ☐ Going for a walk in nature
- ☐ Practicing yoga or meditation
- ☐ Painting or drawing
- ☐ Cooking a new recipe
- ☐ Watching a feel-good movie
- ☐ Writing in a journal
- ☐ Solving a crossword or Sudoku puzzle
- ☐ Engaging in a favorite hobby
- ☐ Taking photographs
- ☐ Playing a musical instrument
- ☐ Gardening or working with plants
- ☐ Trying a new restaurant or cuisine
- ☐ Visiting a museum or art gallery
- ☐ Attending a live performance
- ☐ Having a picnic in the park
- ☐ Organizing a space in your home
- ☐ Volunteering for a cause you care about
- ☐ Practicing deep breathing exercises
- ☐ Engaging in a DIY project
- ☐ Spending time with a beloved pet

- ☐ Watching the sunset or sunrise
- ☐ Having a pampering spa day at home
- ☐ Playing board games or card games
- ☐ Visiting a local farmer's market
- ☐ Dancing to your favorite music
- ☐ Writing and sending letters to loved ones
- ☐ Stargazing
- ☐ Attending a community event or festival
- ☐ Watching a comedy show or stand-up performance
- ☐ Having a virtual social gathering with friends
- ☐ Going to a zoo or aquarium
- ☐ Writing poetry or short stories
- ☐ Participating in a virtual book club
- ☐ Hosting a themed dinner party
- ☐ Creating art or crafts
- ☐ Taking a scenic drive
- ☐ Trying out a new coffee or tea blend
- ☐ Planning a future travel adventure
- ☐ _____
- ☐ _____
- ☐ _____

2. Prioritize the activities that are most accessible and meaningful to you, and make a plan to incorporate them into your daily or weekly routine.

Social Support

1. Assessing Needs

Evaluate your current needs and challenges related to cancer. The following are some common examples. Check off the ones you relate to or add more to the list:

- ☐ Emotional distress (e.g., Dealing with fear, anxiety, sadness)
- ☐ Navigating complex treatment options and making informed decisions about care
- ☐ Coping with physical symptoms
- ☐ Managing the financial burden of medical bills, treatments, and potential loss of income
- ☐ Addressing specific dietary needs
- ☐ Managing side effects of medications (e.g., changes in appetite or mood)
- ☐ Advocating for personal needs and understanding medical information
- ☐ Transportation assistance to medical appointments, especially if mobility is limited
- ☐ Managing daily tasks, household chores, and errands while undergoing treatment.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Identifying Your Support Network

Take the time to pinpoint individuals and resources within your social circle that offer various forms of support. For each identified source of support, specify the type of assistance they provide. This could include emotional support, practical help, informational resources, etc.

1. Family Members:

- Name: _____

- Type of Support: _____

2. Friends:

- Name: _____

- Type of Support: _____

3. Healthcare Providers:

- Name: _____

- Type of Support: _____

4. Support Groups:

- Name: _____

- Type of Support: _____

5. Community Organizations:

- Name: _____

- Type of Support: _____

3. Engagement Strategies:

Develop a plan for actively engaging with your social support network. This may involve scheduling regular check-ins with specific individuals, joining support groups, or utilizing resources offered by community organizations.

4. Reassess and Update:

Periodically review and update your social support network based on changing needs and circumstances throughout your cancer journey.

Practice Self-Compassion

1. Self-Kindness and Comfort:

- List the ways in which you can extend kindness and comfort to yourself. This may involve engaging in soothing activities, practicing self-care rituals, or offering yourself words of encouragement and understanding.

2. Empathy towards Suffering:

- Reflect on how you can offer yourself the same empathy and understanding that you would extend to a loved one facing similar challenges. Consider what words of kindness and support you would offer to someone in your situation.

3. Realistic Self-Assessment:

- Engage in a realistic appraisal of your strengths and limitations. Recognize the courage and resilience you have demonstrated in navigating through your cancer journey, and acknowledge the challenges that come with it.

4. Self-Compassion Mantra:

- Create a personalized mantra or affirmation that embodies self-compassion. The following are some examples:

- ☐ "I acknowledge my pain and fear with gentleness, knowing that these emotions are a natural part of my experience."
- ☐ "I embrace myself with love and understanding."
- ☐ "I honor the strength and resilience I demonstrate each day."
- ☐ "I grant myself permission to rest, heal, and seek support without guilt or self-judgment."
- ☐ "My worth is not defined by my illness."
- ☐ "I deserve to treat myself with tenderness and compassion."
- ☐ "Each breath I take is a reminder of my resilience."
- ☐ "I honor the courage it takes to confront the uncertainties of cancer."
- ☐ _____
- ☐ _____

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use Coping with Cancer material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep Coping with Cancer explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 9, 11, 36, 37, 43]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Clinically review medical or treatment statements on pages [1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43]; remove prescriptive medication advice, clarify coordination with licensed medical care, and update contraindications or urgent warning signs for the specific topic.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 9, 11, 36, 37, 43] contain named, implied, or author-created screening/rating content; extracted candidate names include: Pleasurable Activities Inventory, Activities Inventory, Self-Assessment. These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Coping with Cancer material only as psychosocial support alongside medical care. New symptoms, treatment effects, medication questions, and functional deterioration require the treating medical team; avoid implying that psychological skills cure disease or pain.

Crisis and current resources

- For Coping with Cancer, use: · If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://988lifeline.org/>