

RELATIONSHIPS AND ACROMEGALY

As someone with acromegaly, you've likely experienced shifting dynamics in many of your relationships after your diagnosis. Sometimes it's just a feeling, and sometimes you have more concrete events or behaviors to back up why you feel a certain way.

To begin exploring how your relationships are changing and what you may or may not want to do about it, consider keeping a journal to help you sort through your feelings. You may find it helpful to start by listing the important relationships in your life, big or small. You can use the template below to help you organize these thoughts. Once you make your list, next to each person or group of people write down why they are important to you. Keep this work, as we'll build on these ideas and dig deeper in the next blog post in this series.

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| Category <i>(close friend, casual friend, colleague, family, others)</i> | <i>EXAMPLE: Family, Work, Friends, etc.</i> | | | |
| Casual or intimate | <i>Intimate</i> | | | |
| Name of person <i>(or group)</i> | <i>My older sister Jan</i> | | | |
| What has changed in your relationship with this person since your diagnosis? | <i>Jan seems to be more invasive of my privacy. We are close, but she is checking in on me all the time, and I appreciate the thought, but I feel...</i> | | | |
| Are there any specific events or difficult interactions that stand out to you? | | | | |
| How might you address this shift in dynamic or challenge? | | | | |
| How do you like to be communicated with? What is important to you? <i>(Words of affirmation, quality time, physical touch, gifts, or acts of service)</i> | | | | |
| How does this person like to be communicated with? What is important to them? | | | | |