



To

I know that you are doing it really tough at the moment and that you have heaps of stuff to worry about.

But it is hard for me too. I can't always tell you how I am feeling or what it is that I need.

Here are some things that would make it easier for me and that I would really appreciate.

- I know that you are trying to be fair but sometimes I need you to try harder.
- If you are away from home a lot please call or SMS to tell me that you love me and that you miss me.
- (write in their name) also messes up and doesn't do what they are supposed to. It's not easy for me if they get away with it. Don't let their cancer be an excuse.
- Tell me what is going on. As hard as it may be, talk with me about it. Leaving me in the dark just scares me and makes me worry more and gets me angry.



- When you talk to family members and friends, say how everyone is going – what I am doing and feeling is important too.
- Ask me how I am feeling. Don't assume that you know. I might not tell you but at least I know you still care.
- Having time with you, just by ourselves is really important. If possible can we arrange that? It could be lunch, breakfast or a walk.

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Love