The Questions Nobody Is Asking

5 Questions That Could Change the Way You Think About Your Health After a Cancer Diagnosis

A complimentary guided discovery workbook

An Invitation to Look Differently

A cancer diagnosis can change the questions we ask about our health.

What does this result mean?
What treatment should I consider?
What can I do to support my recovery?
How can I reduce my risks?

These are important questions. But sometimes, the most interesting discoveries begin when we ask something we haven't considered before.

What if we're looking at only part of the picture?
What if experiences that seem unrelated deserve to be considered together?
What if something we've accepted as inevitable deserves another look?
And what if understanding our health requires more than collecting information?

This guide invites you to explore five questions that may open up new perspectives. There are no complicated assessments, no prescribed protocols and no expectation that you need to change anything immediately. Just five opportunities to pause, reconsider familiar assumptions and perhaps notice something you hadn't noticed before.

You don't need all the answers to begin asking better questions.

QUESTION 1

What if there's more to my health than the problems I'm trying to solve?

A cancer diagnosis can shift our attention almost entirely toward identifying and managing problems.

Medical appointments, treatment decisions, symptoms and test results naturally become important parts of everyday life.

Yet health isn't simply about identifying what's wrong or finding ways to correct it. It's also about what remains meaningful, what supports our well-being and what makes life worth engaging in. Our relationships, interests, abilities, personal strengths and sources of enjoyment are all part of that broader picture. Sometimes, when so much attention is directed toward managing illness, we lose sight of these other dimensions. Recognizing them doesn't minimize the challenges of cancer. It reminds us that there is more to understanding a person's health than identifying their difficulties.

QUESTION 1 / REFLECTION

A Small Discovery Exercise

Imagine that, instead of asking what is wrong, someone asks you three different questions:

- What still brings you a sense of enjoyment or connection?
- What personal strengths have helped you navigate difficult circumstances?
- What part of your life would you most like to preserve or reclaim?

Take a moment to consider your answers.

What do they reveal about what health means to you personally?

My discovery:

A New Perspective

Your health is not defined only by the problems you're trying to solve.

Understanding what sustains you, what matters to you and what you want to preserve can be an important part of supporting your overall well-being.

QUESTION 2

What if several seemingly unrelated problems are telling different parts of the same story?

Consider someone who experiences fatigue, difficulty concentrating, poor sleep and increasing irritability.

It's easy to think of these as four separate problems. But what if some of them influence one another? Poor sleep may contribute to daytime fatigue. Fatigue may make daily activities more demanding. Physical discomfort or emotional distress may, in turn, interfere with sleep. Alternatively, several concerns may share an underlying contributor that hasn't yet been identified. This doesn't mean everything is connected—or that every symptom has the same cause.

It means that patterns and relationships may be worth exploring, rather than assuming every concern exists in isolation.

QUESTION 2 / REFLECTION

A Small Discovery Exercise

Think of two or three changes you've noticed in your health or daily functioning.

Write them down.

Concern 1: _____

Concern 2: _____

Concern 3: _____

Now consider:

- Do any of these concerns tend to occur together?
- Does one seem to appear before another?
- Do they change with your sleep, activities, treatment schedule or daily circumstances?

You don't need to explain the pattern. Simply notice whether one exists.

What relationship, if any, have you noticed that you hadn't previously considered?

My discovery:

A New Perspective

A pattern is a clue, not a conclusion.

Recognizing relationships can help you ask more useful questions, including which symptoms warrant medical assessment.

QUESTION 3

What have I come to accept as “normal” that might deserve a second look?

Human beings are remarkably capable of adapting to change. Sometimes that adaptability serves us well. We develop new routines, adjust our expectations and find ways to manage difficult circumstances. But adaptation can have an unexpected consequence. We may stop questioning things that continue to affect our well-being. Perhaps you've come to accept persistent fatigue as something you simply have to live with. Perhaps disrupted sleep has become so familiar that you rarely mention it. Or perhaps you've gradually given up an activity you once enjoyed without considering whether there might be ways to participate again. Something can become familiar without necessarily being inevitable.

And something being common after cancer treatment doesn't mean there is nothing worth investigating.

QUESTION 3 / REFLECTION

A Small Discovery Exercise

Complete this sentence: “I've gotten used to _____, even though it still affects my life.”

Now ask yourself:

- When did I begin accepting this as normal?
- Have I ever asked whether there might be an explanation, an appropriate treatment or another way to manage it?
- What would I want to understand better?

My discovery:

A New Perspective

Just because something has become part of your everyday life doesn't mean it no longer deserves attention.

Some persistent concerns have treatable causes or can be better managed. Others require adaptation and support. Either way, revisiting something you've come to accept may reveal questions worth exploring.

QUESTION 4

What if my test results tell only part of my health story?

Medical tests provide essential information. Blood tests, imaging and other investigations can help healthcare professionals diagnose conditions, evaluate treatment responses and monitor health. Their importance cannot be overstated. But every test is designed to measure or examine something specific. A scan may show what is happening in a particular part of the body. A blood test may reveal information about certain biological processes. Neither necessarily describes everything about how a person feels or functions.

Consider two people with similar diagnoses and comparable medical findings.One is sleeping reasonably well, managing everyday activities and feeling relatively energetic.The other is experiencing persistent fatigue, difficulty concentrating and disrupted sleep. Their medical records may share important similarities, yet their daily experiences are very different. Neither experience invalidates the medical findings. Rather, the comparison reminds us that objective measurements and personal experiences provide different—and often complementary—information.

QUESTION 4 / REFLECTION

A Small Discovery Exercise

Imagine a healthcare professional reading your medical records without ever meeting you.

They might learn about your diagnosis, treatments, test results and medical history.

But what might they not discover?

Think about something important in your daily experience that may not be obvious from those records.

It might concern your energy, physical abilities, sleep, emotional well-being or how a symptom affects your activities.

Complete this sentence:

“My medical records may show _____, but they may not reveal _____.”

Now consider:Is there something about my lived experience that I would like my healthcare team to understand more fully?

My discovery:

A New Perspective

What can be measured matters. What you experience matters, too. A fuller understanding of health often requires both.

QUESTION 5

What might change if I stopped asking “What else should I do?” and started asking “What matters most now?”

When facing uncertainty about health, it's natural to look for ways to take action. Another supplement. Another dietary recommendation. Another test. Another article to read. Another possible intervention to investigate. Some of these possibilities may be useful. Others may have limited evidence, introduce risks or simply be irrelevant to your circumstances.

But there's another consideration. Your time, energy, attention and resources are not unlimited. And trying to do everything can become exhausting. What if taking a more active role in your health didn't mean adding more and more things to your list? What if it sometimes meant recognizing which questions deserve attention—and which ones can wait?

QUESTION 5 / REFLECTION

A Small Discovery Exercise

Look back at what you've noticed while exploring the first four questions.

Perhaps you recognized an overlooked part of your life.

Perhaps you noticed a pattern between different concerns.

Perhaps you identified something you've come to accept without questioning.

Or perhaps you realized that an important part of your experience isn't fully reflected in your medical information.

Now imagine that you don't need to address everything.

Which one discovery would you most like to understand better?

What is one appropriate next step?

It might be:

- Raising a concern with your healthcare team.
- Asking whether a persistent symptom deserves further evaluation.
- Learning more about a possible relationship you've noticed.
- Seeking reliable information before considering a health recommendation.
- Giving yourself permission not to pursue something that isn't relevant or well supported.

My next step:

My discovery:

A New Perspective

Taking an active role in your health doesn't mean doing everything.

Sometimes it means understanding enough to choose what deserves your attention.

The Question Behind the Questions

You've now explored five different ways of looking at your health. Perhaps one question resonated more strongly than the others. Perhaps you discovered something unexpected. Or perhaps you're leaving with more questions than answers.

That's perfectly reasonable. Understanding health isn't simply a matter of collecting more facts or recommendations.

It can also involve noticing patterns, reconsidering assumptions, recognizing the limits of what we know and exploring which factors are most relevant to an individual. This is part of the thinking behind Omnisystemics™, the whole-person approach I've developed at Post Diagnosis Life. It begins with a broader perspective, but doesn't stop there. The aim is to examine information thoughtfully, distinguish evidence from speculation and identify what deserves attention in your particular circumstances.

Look broadly. Think critically. Prioritize personally.

Curious to Explore Further?

Perhaps these five questions have helped you see something differently. You may have recognized a connection worth exploring, identified a concern that deserves attention, or discovered a priority that matters more than you previously realized.

The next question might be: Where do I go from here?

Let's Explore If Working Together Is Right for You

If you're interested in receiving personalized guidance and would like to explore if my coaching approach could be a good fit for you, I invite you to schedule a complimentary 30-minute conversation.

We'll briefly discuss your circumstances, what you're hoping to achieve, and how I work, so we can determine whether working together makes sense.

Through my Omnisystemics™ approach, I help clients explore their health from a whole-person perspective, identify meaningful priorities, and develop a personalized written health plan that complements their ongoing medical care.

Schedule a Complimentary Conversation →

Prefer to Explore Further on Your Own?

You're also warmly invited to join my educational webinars, where we examine scientific evidence, explore connections among different aspects of health, and consider perspectives that may change the way you think about your well-being.

Explore Upcoming Webinars →

An Important Note

This guide is intended for general education and personal reflection. It does not provide individualized medical advice, diagnosis or treatment. The observations and exercises are not intended to establish causes of symptoms or replace medical evaluation. New, persistent or worsening symptoms should be discussed with your healthcare team; urgent symptoms require prompt medical attention. Do not delay, discontinue or change prescribed cancer treatments or medications based on this guide. Discuss proposed supplements and significant lifestyle changes with your healthcare professionals, particularly during active treatment.

POST DIAGNOSIS LIFE

Your Health Is More Than Your Diagnosis.