

Fear of Cancer

a 5-Step program with the acronym RITTA

Recognising

How do I recognise fear? What bodysensations do I have? How does my outside look like when my inside is anxious? What do I know about the biology of fear? When does fear rise?

Investigating

What am I specifically afraid of? What would be the worst if the cancer might come back or progress? What am I really anxious of? What other things worry me?

Talking

With whom am I talking about my fears? Are there professionals with whom I can talk? What is the way in which I talk about my anxiety? What makes talking difficult for me?

Trying

What strategies do I have when I get scared? How effective are they? What other strategies or therapies can I try? When is the last time I tried something different? What do I want to try new?

Accepting

What does the word "accepting" mean to me? What do I find difficult to accept? If I am not accepting then what am I doing? What is the result of fighting, resisting, ignoring or supressing? How would it be to live with more kindness?