

Understanding My Comfort Level

You may want to be mindful of these signs to determine levels of comfort:

Signs of Comfort

- I feel calm when I talk about the BRCA mutation
- I feel positive about the medical decisions I have made
- I am confident that we do what we can to avoid cancer
- The future holds more promise than the past
- I believe that knowledge is power
- I feel confident that my child(ren) can handle it

Signs of Discomfort

- The thought that my child(ren) inherited the mutation is unbearable
- I feel very emotional when I think about my children's futures
- I feel upset when I think or talk about it
- I try to avoid thinking or talking about it
- I often feel worried, guilty, fearful or angry about my family's BRCA mutation.

*Adapted from Talking About BRCA in Your Family Tree, National Society of Genetic Counselors (NSGC), 2014