

# MANAGING RELATIONSHIPS

## WHEN DEALING WITH CHRONIC ILLNESS

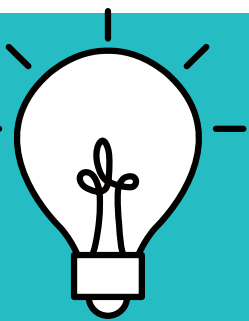
### FOR THE PATIENT



**You deserve to be loved.** You deserve someone who is loving, supportive, and accepts ALL of you, including your illness.

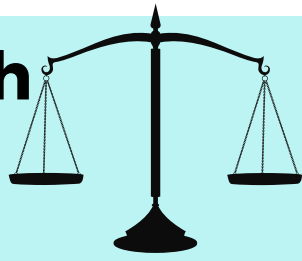
### FOR THE LOVED ONE

**Learn as much as you can about their illness.**



Understanding their daily life can help you know what impact their illness may have on your relationship.

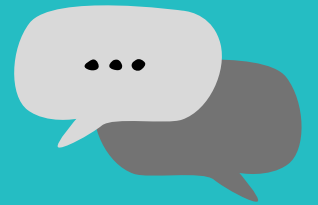
**Check in with how they're feeling.**




Everyone has bad days and their own feelings. It is important to keep balance in the relationship.

**Be honest about their illness and your relationship.**

It is important for you to be honest about your feelings. Share all of your life with them, even if they can't participate.



 **If you have to postpone because of your health, make that clear.** Your loved one might have hurt feelings. Reassure them that you want to see them.

**Don't take their illness personally.**

If they need to postpone or leave early, please don't take it personally. Symptoms can come and go, and are more likely to appear as the person becomes tired.

**Ways to make them feel special:**

- leave silly/loving notes for them
- thank them
- say "I love you"
- spend quality time together

**Find something that makes them laugh.**

- a joke
- picture
- funny face
- movie scene
- anything to make them smile will help when they are at their worst

