

Instructions:

Everyone has thoughts, beliefs, and expectations when facing a new medical or mental health diagnosis. Please identify those beliefs you have had since your child was diagnosed. Read each statement (below) and check how true each one has been for you.

Statement	Not at all true for me	Just a little bit true for me	Pretty much true for me	Very true for me
1. My family shouldn't see me cry.				
2. Life only gives you what you can handle.				
3. I will be a good parent through this.				
4. We have the best possible care here.				
5. This isn't fair!				
6. I will lose my job.				
7. There are people I can turn to for help.				
8. I can't handle seeing my child in this condition.				
9. Everything happens for a reason.				
10. I can meet my child's needs throughout treatment.				
11. My child's treatment/procedures will be terrifying.				
12. The health care team will know what to do.				
13. My child will die from this condition.				
14. I must hide my emotions from my child.				
15. Our marriage will fall apart.				
16. This condition just happened, no one really knows why.				
17. My child will have a lot of side effects from the treatment.				
18. I can express my concerns to staff.				
19. Children aren't supposed to be this ill / injured / disabled.				
20. People will pull away from us.				
21. There are people I can talk to about my child's condition.				
22. There will be a lot of complications during treatment.				
23. This is a disaster.				
24. Our faith will get us through this.				
25. I can't bear to think that the treatment might not work.				
26. We are going to beat this.				
27. My child will be in a lot of distress/pain from the condition.				
28. Our dreams for the future have been shattered.				
29. The health care team will help us through this.				
30. No one will take care of the rest of my family.				
31. We could be much worse off than we are.				
32. Our family will be closer because of this.				
33. This will make me a better person.				
34. My child's condition is an eventual death sentence.				
35. I won't be able to help our other children cope with this.				
36. We can make good treatment decisions.				
37. The health care team doesn't really understand us.				
38. My child is strong enough to get through this.				
39. I have to hold in my anger.				
40. My child will be very sick from the medications.				
41. I will always feel overwhelmed.				