



WHEN FEAR OF DEATH IS FINALLY SPOKEN ABOUT

In this qualitative study, patients described what it was like to confront the fear of death — and how doing so changed their emotional experience.



“It’s post-treatment where the support seemed to slide off... friends and family were like, ‘oh, well, you’re all better now.’”

-Person Living with Cancer, 8

Facing death – and its aftermath – doesn’t end when treatment does



“And that’s what happened. I heard myself laugh, and that depth of depression broke.”

-Person Living with Cancer, 14

For some patients, confronting existential distress created space for relief and emotional release.

Patients described that facing the fear of death — rather than avoiding it — helped reduce distress and brought greater clarity, acceptance, and emotional relief.

