



# Get to Know You Form

1. What Survive & Thrive Expeditions trip are you interested in.

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2. In a couple sentences, summarize your cancer journey so far.

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2. Please list any major stresses, life changes or losses you are currently dealing with in your life (ie. treatments, relationships, finances, other). Would you be able to discuss these issues in a group setting?

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3. How is your morale? (10=very good)

**1      2      3      4      5      6      7      8      9      10**

4. Have you ever slept outside for more than a weekend? Yes\_\_\_\_ No\_\_\_\_

5. In general, is it difficult for you to try new or unfamiliar things? How do you usually deal with uncertainty?

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6. Why do you want to come on this expedition and what would you like to take home from it?

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