

How Do I Understand My Diagnosis In A Way That Affirms My Life?

- 1. Come to Terms With “Why”:**
 - Ask instead “what am I to learn from this?”
 - Who can I access who will be supportive?
 - How do I move forward?
 - Accept that you may never know why you have this pain.
 - ” Accepting the mystery means trusting in God’s character when we can’t understand.
 - Know that you can choose to view this as a burden or as an opportunity.
- 2. Find your life raft:** That personal quality that gives you strength, i.e., sense of humor, creativity, intelligence, courage, faith and rely on it.
- 3. Attitude is everything:** Adopt an attitude of gratitude. No matter how hard your day may be, there is always someone who has it worse. Be compassionate towards yourself.
- 4. Finding gifts in adversity:** When my brother got Hodgkin Lymphoma someone anonymously paid his electric bill for the months he received chemo. He was initially embarrassed, but after thinking about it decided to accept it realizing all the times he’d helped others and how good that made him feel. Often we offer more to our friends than we allow them to give us.
- 5. Tap into community:** Identify what you need, find resources, ask for help. Don’t let your pride lower the quality of your life, be your own best advocate.
- 6. Believe that healing can happen:** No matter what the circumstances are. Staying open to possibility, research, serendipity, co-incidence, surprise, and the healing power of touch.

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