

## How Do You Want to be Treated?

---

This lesson is all about getting clear on how you feel, how you want others to treat you, and how to negotiate “awkward survivor moments”.

There is a spectrum of survivorship. There is no right or wrong; in fact as time goes on you may find that you slide up and down the spectrum. Your assignment this week will help you decide where on this spectrum you are. From someone who doesn't want the big C ever mentioned around them all the way to wearing pink from head to toe. With all this variability it can be very difficult for people to know “how to act” and “what to say” to you. So, it is up to US to tell people how we feel and how we want to be treated. If not, there is a bitter pill to swallow, the big black resentment one.

Resentment is not healthy and we need to be vigilant in not allowing that on our radar. Someone once said resentment is like drinking poison and hoping the other person dies....good luck with that! But seriously, resentment is a form of hatred and hatred only hurts us. Remember cancer in mind body medicine is “deep hurt, long standing resentment, carrying hatreds...”. Chances are if you are like me, you know resentment well. I was a pro at holding on to all sorts of resentments, “life isn't fair” is a huge one of mine, but the truth is, that doesn't heal us, in fact it makes us sicker, so we need to make it a priority and a practice to not harbor them.

I told everyone I could that, although I used to really like the color of pink, I do not like what it stands for now. Someone wearing pink does not help me, does not heal me and I would prefer if you didn't wear pink in my “honor”. And that goes for Hallmark Christmas ornaments, too. I don't want a breast cancer one. On the other hand, I have a friend who is an amazing survivor who does the breast cancer walks and even wears a pink Superwoman cape!! Either way is fine, BUT you must tell the people closest to you who you are on the “spectrum”. If you do not tell them, believe me, they will just go with what they think and it may create some resentments in you. People LOVE it when you tell them, because then they aren't tiptoeing around you wondering how they should act.

## Awkward Questions

---

OK, now for the awkward question moments. There will be people who were not in your life at the time of your illness but knew you before and now you run into them after. Be prepared to answer some questions in a way that FEELS GOOD to you. Think about how you will answer them so that you don't get caught off guard and feel flustered. Some examples are below with possible answers, but again, if you don't like some of the answers, change them to your own words about what feels good to you.

1. If you have new boobies...people may notice the boob job, you know that downward look and then looking surprised up to your eyes....? You can ignore, or say something witty like, "the last ones tried to kill me so I got new ones!" or "you can't imagine the lengths I went to to get a free boob job."
2. If you had chemo...."OMG when did you decide to cut off all your beautiful hair?" (you may be thinking "NEVER JACKASS!") but maybe you could say, "You know me....it's all the trend in Hollywood so I had to give it a try!", or, "it is so much easier now that I have the kids....who has time for all that!"
3. I also love the "How are you (with a sad face)?" So lately I have been saying..."I am really well ,better than ever, in fact you really don't need to ask me that...but thanks, I'm healthy." This way I get my point across.

Post any other situations on the Healing Boobies FB group.

All of these kinds of situations will occur, trust me. If you feel yourself building resentment over what someone says or asks you, consider doing some forgiveness work with EFT. I have an EFT script for you. Again...shake off the resentments ASAP!