

## How Do You Want to be Treated?

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- 1 Define how you want to be treated as a survivor. Some people wear it as a badge of honor. Others don't want it to define them. There is no right or wrong. There's just you.

Where do you fall on the spectrum?

2

The assumption is that everyone wants to wear the ribbon and run the race. You need to communicate what your expectation is.

Get the courage to have graceful discussions. Understand that people have good intentions. You need to be prepared to let them know your expectations.

Take a minute to write a short paragraph that you can share to describe how you'd like to be treated.

### Quiz: Who Are You in Relationship to Your Survivorship—‘He Who Must Not Be Named’ to ‘Pretty in Pink’

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Question #1: It’s October and NFL players are running on the field with pink socks. Your reaction –

- a) That’s amazing – getting the awareness out about breast cancer!
- b) Who cares? Pink socks do nothing for me.
- c) That is ridiculous. Beat your partners then wear pink socks. That’s disgusting.

Question #2: Aunt Betty comes to you and says, “There’s a breast cancer walk.” And she wants to know if you’d like to participate. Your response –

- a) I would love to. Can I get shirts made up for our team? And I can get my name and picture on them?
- b) Sure, I’ll walk. Thank you so much for thinking of me. That’s really sweet of you.
- c) No friggin’ way. I’m not walking. I already participated enough with breast cancer.

Question #3: When people ask me how I am doing, even though it’s been quite some time since my treatment is over. My reaction is –

- a) It is so sweet that you were concerned. I am fine and I am flattered by your concern.
- b) I am healthy, thank you. But you really don’t need to ask me. It’s behind me.
- c) Keep your sad face and don’t ask me again. You’ll know if I get sick again. And believe me, I don’t plan on it.

Question #4: One of your friends gives you a pink ribbon charm for your Pandora bracelet. You reaction is –

- a) Love it
- b) Like it
- c) Hate it

Question #5: Which writing on a t-shirt would you most likely wear?

- a) “Breast Cancer Survivor and Thriver” all in pink sequins
- b) “Yes They’re Fake. The Real Ones Tried to Kill Me.”
- c) None of the above

Tally up your answers: For all the “a” answers, you’re going to award yourself three (3) points; “b” answers are two (2) points; and “c” answers are one (1) point.

If you scored between 13 and 15 points, you're "pretty in pink". Tell your friend and family that surviving breast cancer is a passion for you. Let them know you're open to talking about it with others. And you're proud to be a survivor and through it.

If you scored between 9 and 12 points, you're more reserved about having "The Big C" as part of your history. Let your friends and family know that if you want to do a walk or do anything like that, if you want to be involved with sharing your story, that you're a little bit more private about it and it'll be on your terms. But you'll let them know if you want to share your experience with others.

If you scored between 5 and 8 points, you are "He who must not be named". It's very important for you to express to your friends and family that breast cancer is not what you choose to be defined by. If you want to share this piece of your life, you will do it on your own terms, at your own pace. Let them know that involving you in walks, or wearing pink, or buying you pink things is not something that you choose to experience. And let them know that ahead of time, because really, people are just trying to do the right thing and you don't want to build up your resentments.

You can take this test several times through your survivorship, and your answers might change. That's okay. Just be true to who you are, so this way you don't build resentments.