

Silver Linings

Cancer affects every aspect of your life. We take this week to examine different areas of our life and what we learned during this time. This week we want to focus on the “silver linings” that we experienced. I get it....I cannot think of it as “gifts” yet, maybe you can, but for now we can call it a silver lining. We will take six different areas and try to find one thing that was a positive.

1. Time

What did having cancer do for you in terms of time? Did you have more time to do some of the things you like to do? My own personal experience allowed me to have more time with my newborn daughter. It was a guilt free maternity leave for me. I would have never been able to take that much time away from my practice (my first baby) without physically not being able to do it. And I certainly learned.

2. Responsibilites

How did your responsibilities change? Were your (or others) expectations different around your responsibilities? Did the focus shift at all around this? For me (a Virgo lol) I had a constant "to do" list I was working off of. If I didn't get my laundry, shopping, scanning, email etc done than what would happen? I found out.....nothing happens! I didn't self-combust!

3. Physical Self

This one may be a challenge. But....how awesome are eyebrows and eyelashes now that you have them back? Are there any positives that you can find about your “new” breasts if you did reconstruction? Do they defy gravity? How about not needing to wear a bra? (I love that part!) What about a free boob job that other people pay thousands for? When your hair came back did the texture come back thicker? Find one thing that was an upgrade.

4. Relationships with Friends, Family & Your Partner

Not everyone steps up to the plate and is there for you, in fact some people may disappear as if you are contagious. But let's focus on the good we found out. Did anyone in your family, friends and/or partner surprise you? Did someone new help you in an unexpected way? Did someone show you any random act of kindness while you were going through treatment? Did your partner become more helpful? Did any relationships deepen in your life?

5. Money

What about your relationship to money? Are you the breadwinner? Are you the sole earner? Were you able to learn something about getting by with less? Did you allow yourself to splurge on things you normally wouldn't? I am someone who knows my credit score and never pays bills late. But, guess what? I didn't have the money to pay my bills on time! I was actually a few weeks late with bills and you know what happened? NOTHING! Nothing at all.....I called and told my creditors what was going on and things worked out completely.

6. Your Fortitude

Did you think you are a strong person? Are you ever scared that you can't handle people, situations and more? (This saying: on particularly rough days when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100% and that's pretty good.)

Gratitude Practice

In our “boobies book” we will begin the process of writing down what we feel grateful for. Going through an intense illness that leaves us with physical, emotional and spiritual scars we may find ourselves focusing on all the ways we have changed in negative ways. But there is a purpose to everything and self exploration is the way to find ourselves through this. We look at each of these six areas and begin to focus on the places we can find some “silver linings”. Silver linings are where we need to put our energy because it brings more silver linings in our life. What we focus on grows....so let’s grow some