Diary

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| --- | --- |
| **Characteristics** | **Criteria** |
| Format | -Dear Diary, Date, Love “Signature”- |
| Language/Mood | Reflect Emotion |
| Color | Appealing/Goes with Me |
| Facts | Relevant |

Examples:

<http://www.mayoclinic.org/patientstories/story-225.html>

<http://www.cancer-central.com/breast-cancer/breast-cancer-1.htm>

<http://www.thebostonchannel.com/news/10723937/detail.html>

<http://www.breastcancerstories.org/chapter/2214>

October 20, 2010

Dear Journal,

This is quite odd; I haven’t had a journal for years. I was told that a journal would help get me through these next steps of my life. I was just diagnosed with stage 3 Breast Cancer. It hit me like a ton of bricks, I couldn’t think, I couldn’t move, I couldn’t breathe. The doctor’s words went in one ear and out of the other. Needless to say, I couldn’t focus. When I finally gained composure, I thought, “Am I really going to die at 45?” My whole body reacted with a fierceness I didn’t know I possessed. All of my body, mind, and soul screamed: NO! I have my children, my husband, and my career to live for. I am not ready to die yet, so I won’t. Breast cancer will not get me down. I will fight an eye-for-an-eye against this. I agreed to Chemotherapy, Radiation, and lumpectomy. Whatever it takes, I’ll do it. I must survive; I will survive for my children. They are my life. I haven’t told anyone yet. I’m not ready to see the pain in their eyes or the tears fall down from them. Well journal that’s all for now, I will update you when I break this joyful news to my family. HA.

Sincerely,

Soon-to-be Survivor of Breast Cancer.