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 by my physician a journal would help get me through these next steps of my life. This next year will be the most challenging year I’ve ever had in my 45 years of life. I was diagnosed with stage 3 Breast Cancer today. It hit me like a ton of bricks; I couldn’t think, I couldn’t move, I couldn’t breathe. 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. Breast cancer will not take me as its victim. I will put up the greatest fight of my life, because I am fighting to save it. I’ve agreed to Chemotherapy and a lumpectomy. I’m not looking forward to having surgery, but this tumor needs to be removed quickly and efficiently. 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, because I’m not ready to see the pain in their eyes or the tears fall down from them.

Sincerely,

Soon-to-be Survivor of Breast Cancer