

### Elizabeth's Good Day/Bad Day

In October of 2001 at the age of 30 I was diagnosed with invasive breast cancer (stage IIB). I used the Good Day/Bad Day exercise to process my feelings and just "get a grip" on what was happening to me. From making this simple list I could tell people how to help and figure out how to have more good days!

Good Day	Bad Day
<ul style="list-style-type: none"><li>• I can eat breakfast (and other meals) without worrying about throwing up</li><li>• I have energy (days 18-21 of chemo cycle)</li><li>• I feel like going to work</li><li>• I have a new hat to wear that matches my outfit</li><li>• Steve (my husband) is with me all day</li><li>• Get to hang out with good friends</li><li>• Go shopping, eat out, indulge</li><li>• Go to young survivors support group</li><li>• Having a Mohawk hairstyle for 10 minutes</li></ul>	<ul style="list-style-type: none"><li>• Dreading my next chemotherapy treatment. How sick will I be this time??</li><li>• Being too sick to eat or drink</li><li>• Worry about dying and have no answers that are comforting (this fear lasts for days 1-5 of my treatment cycle)</li><li>• Alone at home – very scary for me</li><li>• Having my doctor tell me I "failed" my first chemo treatment (I was admitted to the hospital for being so sick)</li><li>• No energy</li><li>• Co-workers telling me that if I think positive I won't get sick or feel bad while going through treatment</li><li>• People visiting me because it makes them feel better (drains me)</li></ul>

