



A NON-PROFIT BREAST CANCER ORGANIZATION

## YOUR STORY “Your Experience”

1 in 8 women are diagnosed with breast cancer in their lifetime. **Telling your story is a powerful tool to create change, provide hope, and inspiration to others.** PINK “ME”™ asks for your permission to share your story with others to help raise awareness, improve access to health care including Breast Cancer Treatment and Survivor Health and Wellness Programs.

*My breast taken away from me!*

*I felt overwhelmed and afraid of the thought of losing something that’s so intimately part of me as a women prepared to be taken away from me, and what would my future of no longer having my breast any longer be? One evening after work I was in the shower allowing the warmth of the drops of water to run down my body and the tears from my eyes roll down my face. Being present and one last time, feeling the softness of my breast and the feel of nipples, and truly appreciating them for myself and no other. The thoughts running in my mind of the physician sharing with me, “your breast will no longer be breast any longer, but accessories!” Feeling anxious, present, and trying to understand, what does that mean exactly? Immediately a small voice, quietly said, “feel your breast, feel your butt”, the two somehow felt the same and immediately calmed my thoughts, decreased my anxiety, and I knew then that I would be okay. The feeling of not having my most intimate part of me any longer, somehow was more accepting. My racing thoughts, and fear somehow didn’t feel as overwhelming and the relief in my mind somehow allowed me to accept what was to come- the removal of most intimate part of my body and the most dangerous, that would have possibly taken my entire life and physical well-being. I share my story, I share my experience, in hopes to help others on their journey towards survivorship.*

*My butt feels like my breast now, and I am perfectly okay with it! ~*

*Anonymous, Submitted 10/1/2020*