



Writing Your Inspiring Story

Inspiring Stories are a series of personal stories from women who have been through breast cancer. Everyone is unique and has a different experience of breast cancer. My hope is that women going through breast cancer now will gain courage and inspiration from women who have gone through breast cancer before them.



Writing your story

I have found that writing and sharing our bc stories is win/win/win as it can be therapeutic and healing to write out and express your individual story. And then to the readers, your story is super helpful as it provides:

- i) Inspiration and hope for those who are going through bc now;
- ii) practical tips and helpful hints, actively helping other bc survivors, and;
- iii) education for your loved ones who learn and understand more about your bc experience by reading your story.

We would love you to write your story for BC Nirvana. You can simply write your story or follow the following questions.

BC Nirvana Questions

1. How did you feel when you were first diagnosed?
2. What really helped you get through breast cancer?
3. What did you learn through breast cancer?
4. What did you gain and lose through breast cancer?
5. What did you do to get yourself 'back' from cancer and cancer treatments?
6. How is your life different now?
7. What would you say to someone going through breast cancer now?
8. Give three quick tips on what got you through breast cancer?

And email it to me on: breastcancer.nirvana@gmail.com

Thank you! Andrea