



MY GRACE PROTOCOL™

How I intentionally make room for grace,
compassion, rest, difficult days, and
beginning again as I move through healing.

There is always room for grace.

I am participating in my healing journey.

I am asking questions.

I am learning.

I am praying.

I am making decisions.

I am becoming intentional about my words, my support and the environment around me.

But I will not turn healing into another thing I have to do perfectly.

There will be days when I feel strong.

And days when I do not.

Days when my faith feels unshakable.

And days when I have questions.

Days when I speak exactly the words I want to speak.

And days when fear speaks first.

There may be moments when I am impatient.

Overwhelmed.

Angry.

Tired.

Confused.

Disappointed.

Or simply finished with thinking about any of this for today.

There will be room for all of me here.

There will be room for the people who love me to be human, too.

There will be room for the people caring for me to be human.

There will be room for misunderstanding.

For correction.

For forgiveness.

For gratitude.

For laughter.

For rest.

For beginning again.

There will be room for grace.

I Will Give Grace to Myself

I do not have to perform healing perfectly.

I do not have to be inspirational.

I do not have to be strong every day.

I do not have to have the right attitude every morning.

I do not have to know what I need before someone asks.

I do not have to make every decision with absolute certainty.

I do not have to answer every message.

I do not have to make everyone else comfortable.

I do not have to turn every difficult experience into a lesson.

And I do not have to apologize for being human while something significant is happening in my life.

I can have a difficult day without declaring my entire journey difficult.

I can become frightened without surrendering my faith.

I can cry without believing I have lost my strength.

I can need help without becoming helpless.

I can rest without calling myself lazy.

I can change my mind without calling myself inconsistent.

I can say:

"Today was hard."

And allow that sentence to end there.

Tomorrow does not have to inherit today's difficulty.

I Will Not Blame Myself for My Illness

I will not use these protocols, my faith, my words or my choices as weapons against myself.

I will not tell myself that I became ill because I did not think correctly.

Pray enough.

Believe enough.

Speak correctly.

Eat perfectly.

Manage stress perfectly.

Or live perfectly.

And if my medical journey does not unfold as I hoped, I will not automatically conclude that I failed.

These protocols are not a formula for controlling an outcome.

They are a way of helping me remain present in my own life.

Grace means I do not turn healing into a test I can fail.

I Will Give Grace to My Body

My body may change.

It may need more rest.

It may move differently.

It may look different.

It may respond to treatment in ways I did not expect.

There may be things my body once did easily that temporarily, or permanently, become more difficult.

I will try to listen before criticizing.

I can ask:

What does my body need from me today?

Rest?

Movement?

Food?

Water?

Medical attention?

Comfort?

Touch?

Quiet?

Help?

Patience?

I have spent a lifetime living inside this body.

I do not want illness to turn my relationship with it into a battle.

My body deserves my care, too.

I Will Give Grace to the People Who Love Me

The people who love me may not know what to say.

They may say exactly the wrong thing while trying desperately to say the right thing.

They may ask too many questions.

They may become frightened.

They may try to fix something they cannot fix.

They may send me something I never wanted to read.

They may become quiet because they are afraid of upsetting me.

They may occasionally disappoint me.

I can extend grace without surrendering my boundaries.

Both can be true.

I can say:

"I know you love me. That is not what I need right now."

I can correct someone without condemning them.

I can ask for something different.

I can forgive an awkward moment.

And when something repeatedly harms or overwhelms me, grace does not require me to continue allowing it.

Grace and boundaries can live in the same room.

I Will Give Grace to Those Caring for Me

My physicians, nurses, technicians, navigators, therapists and other members of my medical team are human beings.

They may have difficult days.

They may be tired.

They may occasionally use words that land differently than they intended.

They may not immediately understand what matters most to me.

They may not share my beliefs.

They may see a situation differently than I do.

I can extend humanity to them while still expecting respectful, competent care.

Grace does not require silence when something concerns me.

I can ask questions.

I can correct a misunderstanding.

I can advocate for myself.

I can ask for another explanation.

I can seek another opinion.

I can address something that does not feel right.

And I can do these things without immediately turning the relationship into **me against them**.

We are human beings meeting one another in circumstances that can be complicated.

Partnership does not require perfection from either of us.

I Will Make Room for Repair

There may be moments when something goes wrong between me and someone else.

A conversation.

A misunderstanding.

A harsh word.

A boundary crossed.

A moment when I react from fear.

A moment when someone else does.

When possible and appropriate, I can repair.

I can say:

"I did not say that the way I wanted to."

"Can we begin that conversation again?"

"I think we misunderstood one another."

"That hurt me."

"I am sorry."

"I forgive you."

"What I need going forward is this."

Not every relationship can or should be repaired.

But when repair is possible, grace can create room for another conversation.

I Will Make Room for Gratitude

Gratitude can be part of my healing environment.

But I will not use gratitude to silence myself.

I do not have to be grateful for breast cancer

I do not have to compare my situation with someone else's and conclude that I should be thankful because things could be worse.

I do not have to turn pain into a blessing before I have even had time to experience it.

But I can remain open to moments of gratitude within this journey.

The nurse who remembers my name.

The physician who sits down and listens.

The friend who knows exactly when to call.

The meal left at my door.

The person praying for me.

A warm blanket during treatment.

A beautiful sunrise on the drive to an appointment.

A granddaughter's laughter.

An answered prayer.

A good report.

A good cup of coffee.

A day when I realize I have gone three whole hours without thinking about breast cancer.

An ordinary Tuesday morning.

Gratitude does not erase what is difficult.

It reminds me that what is difficult is not all that exists.

I Will Let Small Things Matter

Grace is not something I only extend to other people.

I can receive it.

I can receive help.

A compliment.

A meal.

Prayer.

Kindness.

Patience.

Forgiveness.

Rest.

Generosity.

Love.

I do not always have to repay what is freely given.

Sometimes I can simply say:

"Thank you."

And receive.

I Will Give Myself Grace When My Faith Feels Different

There may be moments when prayer comes easily.

There may be moments when it does not.

I may feel deeply connected to God.

I may also have questions.

I may become angry.

I may wonder where God is.

I may sit quietly because I have no words.

I do not have to manufacture a spiritual performance for God.

When I cannot find the prayer, I can allow someone else to pray.

When I cannot find the words, I can sit in His presence.

When I have questions, I can bring the questions.

When I am tired, I can rest.

Grace reminds me that God is not waiting for me to perform my way into His presence.

I am already His beloved.

I Will Begin Again

There will be days when I forget everything I wrote in these protocols.

I may react instead of respond.

I may allow fear to run ahead of me.

I may forget to ask the question.

I may agree to something and later realize I did not understand it.

I may speak words I do not want to keep speaking.

I may let someone into my space when I really needed solitude.

I may neglect my own needs.

I may simply have a miserable day.

I can begin again.

Not next month.

Not after I get myself together.

Now.

The next word can be different.

The next question can be asked.

The next boundary can be established.

The next prayer can be spoken.

The next decision can be more intentional.

The next moment can begin again.

What I Ask From the People Walking With Me

Please give me room to be human.

Do not expect me to inspire you every day.

Do not measure my faith by my emotions.

Do not mistake tears for defeat.

Do not require gratitude from me when I need time to grieve.

Please understand that my needs may change.

Give me permission to say no without withdrawing your love.

Allow me to change my mind.

Forgive me when fear occasionally makes me less gracious than I want to be.

Tell me when I have hurt you, when appropriate.

Let us give each other room to learn.

Laugh with me.

Pray with me.

Celebrate the good.

Sit with me in the difficult.

And please remember:

Neither one of us has to do this perfectly.

My Personal Grace Protocol

Where I most need to give myself grace right now:

Something I am expecting from myself that I can release:

A boundary I can hold while still extending grace:

Someone who may need a little more grace from me:

Something my body needs me to stop criticizing:

Something I am grateful for today, if gratitude is available to me:

Something ordinary that still brings me joy:

When I have a difficult day, I want to remember:

When I feel that I have gotten something wrong, I will remind myself:

The grace I most need to receive from God today is:

My Commitment

I will participate fully in my healing journey.

But I will not turn healing into another standard by which I judge myself.

There will be room here for questions.

For mistakes.

For difficult days.

For boundaries.

For forgiveness.

For laughter.

For gratitude.

For rest.

For beginning again.

For the imperfect people who love me.

For the imperfect people caring for me.

For my imperfect, beautiful, human self.

And through all of it, **there will be grace.**

Especially grace.

Name: _____

Date: _____

My Grace Protocol™ is a personal reflection, spiritual-care and communication tool. It does not replace medical, mental health, pastoral or other professional care when such support is needed.