



MY HEALING PROTOCOLS™

Your medical team has protocols for your care.
You can have protocols for yourself.

AN INTRODUCTION TO
MY HEALING PROTOCOLS™

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When you enter the medical world, there are protocols for almost everything.

Protocols for testing.

Protocols for diagnosis.

Protocols for surgery.

Protocols for medications.

Protocols for chemotherapy, radiation and follow-up care.

These protocols serve an important purpose. They help medical professionals determine how care is evaluated, recommended and delivered.

But there is another person in the room.

You.

What is your protocol for how you want to participate?

What do you believe?

What matters to you?

How do you make important decisions?

How do you want information communicated?

What role does prayer play in your care?

What words do you want spoken around you?

Who do you want beside you?

What helps you feel safe, respected and heard?

What kind of environment supports you?

Those questions matter, too.

That is why **My Healing Protocols™** were created.

What Are My Healing Protocols?

My Healing Protocols are personal tools designed to help you identify and communicate how you choose to participate in your care and healing journey.

They do not tell your physicians how to practice medicine.

They do not replace medical protocols.

They do not guarantee a particular medical outcome.

They are not legal agreements between you and your medical team.

And they are not a set of beliefs you are required to adopt.

They are something medicine cannot write for you.

They are your protocols for yourself.

They help you put words around what matters to you before you are sitting in an examination room trying to find those words.

The Collection Includes:

- 1 My Participation Protocol**
How I choose to show up, participate, ask, learn, communicate and take an active role in my care and healing.
- 2 My Prayer Protocol**
How prayer, Scripture, spiritual discernment and the presence of God accompany me through appointments, testing, treatment, procedures and recovery.
- 3 My Words Protocol**
The language I choose to speak, receive and allow to shape my healing environment without denying medical facts.
- 4 My Medical Care Protocol**
What I need from my medical relationships, how I want information communicated, what questions matter to me and how I participate in my care.
- 5 My Decision Protocol**
How I make significant decisions, including the information, time, prayer, counsel and discernment I may need before choosing.
- 6 My Support Protocol**
Who I want beside me, what kind of support actually helps me, what does not and how others can best walk with me.
- 7 My Healing Environment Protocol**
What I intentionally bring into the physical, emotional and spiritual spaces where I receive care and recover.
- 8 My Grace Protocol**
What I intentionally bring into the physical, emotional and spiritual spaces where I receive care and recover.

Together, they create something simple but powerful:

A way for you to remain present in your own care.

Why Are They Needed?

A diagnosis can change the balance of a person's life almost overnight.

Suddenly there are appointments to attend, unfamiliar words to understand, forms to complete, decisions to make and medical professionals telling you what needs to happen next.

It can become remarkably easy to move from:

"This is happening in my life."

to:

"This is happening to me."

And eventually:

"Everyone seems to have a role in this except me."

My Healing Protocols are designed to interrupt that progression.

They provide a structure for saying:

I am here.

I have questions.

I have values.

I have beliefs.

I have preferences.

I have a voice.

I have responsibilities.

I have choices.

And I intend to participate.

Participation does not mean controlling everything that happens.

It does not mean rejecting medical expertise.

It means refusing to disappear inside your medical care.

These Protocols Belong to You

The protocols you are holding are starting points.

They are not scripts you are expected to follow word for word.

You may read something and think:

Exactly. That is what I believe.

Keep it.

You may read something else and think:

That is not me at all.

Change it.

Cross it out.

Rewrite it.

You may want to add a Scripture.

Add it.

You may have a spiritual practice that is important to you.

Include it.

You may have a personal boundary that needs to be stated more clearly.

Write it.

You may want to use different language for healing, faith, medicine or your body.

Use your language.

You may find that one protocol matters deeply to you while another does not.

That is okay.

The goal is not to conform yourself to the protocols.

The goal is to make the protocols conform to you.

Your beliefs.

Your values.

Your faith.

Your priorities.

Your personality.

Your medical circumstances.

Your relationships.

Your needs.

Your voice.

Your life.

Your Protocols Can Change

What matters to you at diagnosis may change during treatment.

What you need before surgery may be different from what you need during recovery.

The support you welcome today may feel overwhelming six months from now.

A question you never thought to ask may suddenly become very important.

Your faith may deepen.
Your priorities may shift.
Your understanding of healing may expand.
Your protocols can change with you.
Date them.
Rewrite them.
Create a new version.
Add something in the margin.
Remove something that no longer serves you.
These are living documents because **you are living your life.**

How to Use My Healing Protocols

There is no single correct way.
Start by reading the protocols privately.
Do not begin by thinking about what your physician will think.
Begin by asking:
Is this true for me?
Underline what resonates.
Circle what matters.
Cross out what does not.
Write in the margins.
Complete the personal sections.
Then create the version that feels like yours.

1 Keep a Copy for Yourself

Place your protocols somewhere you can easily find them.
You might keep them:
In your medical binder.
With your journal.
Or with other important medical information.
Review the appropriate protocol before an appointment, treatment or major decision.
It can remind you of questions you wanted to ask and commitments you made to yourself before the pressure of the moment arrived.

2 Share Them With Someone You Trust

Give a copy to the person most likely to accompany you through medical care.

That might be your spouse, daughter, friend, prayer partner or another trusted person.

Tell them:

“These are the things that matter to me. If I become overwhelmed, help me remember them.”

That person does not become your decision-maker simply because they have your protocols.

They become someone who understands how you want to participate.

3 Take Them to Medical Appointments

You may want to print copies of the protocols that are most important to you.

You do not necessarily need to hand seven documents to every person you meet.

Be strategic.

Perhaps your oncologist needs to understand **My Medical Care Protocol** and **My Decision Protocol**.

Perhaps your infusion nurse should see the portion of **My Prayer Protocol** explaining that you would like a brief moment to pray before treatment begins.

Perhaps your navigator should understand **My Support Protocol**.

You can simply say:

“I created a personal protocol for how I want to participate in my care. I would like to share it with you because I think it will help us work together.”

That language matters.

This is not a demand.

It is an invitation to partnership.

4 Ask Whether It Can Become Part of Your Medical Record

If there are portions of your protocols that you want your care team to be aware of throughout your treatment, ask.

Different healthcare organizations have different policies and systems.

Some may be able to scan a document into your record.

Some patient portals may allow you to upload documents or send them as attachments.

Some may direct you to your nurse navigator, patient advocate, chaplain, medical records department or another member of the care team.

If you cannot upload the document yourself, ask:

“Who should I give this to if I would like it included in my chart?”

And if the entire document cannot be included, ask whether important spiritual preferences, communication needs or other relevant information can be documented in the appropriate section of your medical record.

5 Use Your Patient Portal to Communicate

Your patient portal can also be useful for communicating specific needs.

Rather than sending the entire collection, you might send a short message before an appointment

“Prayer is an important part of how I participate in my medical care. Before my infusion begins, I would appreciate a brief moment to pray quietly over my treatment.”

Or:

“I have an upcoming appointment where we will be discussing treatment options. Unless there is a medical reason a decision must be made immediately, I would like time afterward to pray and consider the information before making my decision.”

Your protocol helps you know what you want to communicate.

The portal can become one way of communicating it.

6 Bring the Appropriate Protocol Into the Appropriate Moment

You do not need to carry every protocol into every situation.

Before a major consultation:

My Medical Care Protocol

Before making a significant treatment choice:

My Decision Protocol

Before an infusion or procedure:

My Prayer Protocol

When conversations around you become frightening:

My Words Protocol

When everyone wants to help and you are becoming overwhelmed:

My Support Protocol

When you are preparing your home or yourself for treatment and recovery:

My Healing Environment Protocol

And throughout all of it:

My Participation Protocol.

This Is Not About Being a Difficult Patient

There may be moments when speaking up feels uncomfortable.

You may worry about being perceived as demanding.

You may be accustomed to respecting authority by remaining quiet.

But respectful participation is not disrespect.

Asking a question is not rejecting expertise.

Requesting an explanation is not challenging someone's education.

Seeking another opinion is not betrayal.

Asking for prayer is not rejecting medicine.

Taking reasonable time to make a decision is not refusing care.

Communicating your values is not being difficult.

It is participating.

And participation can strengthen the relationship between you and the people caring for you because they no longer have to guess what matters most to you.

A Partnership, Not a Power Struggle

My Healing Protocols were not created to put you on one side of the table and your medical team on the other.

Quite the opposite.

Imagine another possibility.

Your physician brings medical knowledge.

Your surgeon brings surgical expertise.

Your nurse brings clinical skill and care.

Your navigator brings resources and guidance.

Your spiritual community brings prayer.

Your loved ones bring support.

And you bring the one thing none of them can bring.

You.

Your lived experience.

Your values.

Your beliefs.

Your questions.

Your voice.

Your choices.

Your participation.

Different expertise.

Different roles.

One human being at the center of the care.

Begin Here

Before you give these protocols to anyone else, sit quietly with them yourself.

Ask:

What do I believe?

What matters most to me?

What do I need?

What helps me participate?

What takes my voice away?

What role does my faith play in my healing?

How do I want people to communicate with me?

Who do I want beside me?

What do I want to remember when I become frightened?

What do I want the people caring for me to know about the person they are caring for?

Then pick up your pen.

Cross something out.

Add something.

Rewrite something.

Make it yours.

Because your medical team already has protocols for your care.

You can have protocols for yourself.

And perhaps that begins with one of the most important declarations you can make:

My care includes me.

My Healing Protocols™ are personal reflection, communication, spiritual-care and self-advocacy tools. They do not provide medical or legal advice, establish contractual obligations for healthcare professionals, or replace informed consent, emergency care, medical evaluation or communication with qualified healthcare professionals. Healthcare organizations differ in their policies regarding patient-submitted documents and medical records.