



MY WORDS PROTOCOL™

The language I choose to speak, receive and
allow to shape my healing environment
without denying medical facts.

I will be intentional about the words spoken in me, by me and around me.

A diagnosis brings a new language and medical terms into my life:

- Pathology.
- Stages.
- Grades.
- Percentages.
- Risk.
- Recurrence.
- Treatment.
- Side effects.
- Prognosis.

Some of these words provide information I need.

But medical language does not get to become the only language spoken over my life.

I can hear the facts without allowing those facts to become my identity.

I can receive medical information without surrendering my hope.

I can acknowledge what is happening without allowing fear to narrate what happens next.

My words matter.

And I choose to become intentional about them.

I Will Tell the Truth

I do not need to deny what is happening in order to speak with faith.

If I hurt, I can say I hurt.

If I am frightened, I can say I am frightened.

If I do not understand, I can say I do not understand.

If a medical report concerns me, I can acknowledge it.

Faith does not require pretending.

I can tell the truth about this moment without declaring that this moment determines the rest of my story.

There is a difference between:

"I am afraid today."

and

"I will always live in fear."

There is a difference between describing what I am experiencing and allowing it to define who I am.

I will tell the truth without turning today's truth into tomorrow's prophecy.

I Will Listen to My Own Language

I will begin noticing the words I repeatedly speak about myself.

What am I saying about my body?

My future?

My treatment?

My strength?

My healing?

My life?

Some words may have become automatic.

I may not even realize how often I speak them.

I can notice them without judging myself.

And when language no longer reflects what I believe or who I am becoming, I can choose differently.

I Will Not Make My Diagnosis My Identity

I have a diagnosis.

I am not a diagnosis.

There may be times when words such as patient, survivor, warrior or thriver are useful to me.

There may be times when they are not.

I decide which language belongs to me.

I am still a whole person.

I still have a name.

A history.

Relationships.

Gifts.

Dreams.

Purpose.

Faith.

A future.

Breast cancer may be part of my experience.

It does not receive naming rights to my life.

I Will Distinguish Facts From Conclusions

Medical information matters.

I want accurate information.

I want my physicians to tell me what they know.

I also want to understand the difference between a medical fact and a prediction about what my entire life will become.

A test result is information.

A pathology report is information.

A statistic describes a population.

A prognosis is an informed medical estimate.

None of these is my identity.

When I hear something frightening, I can ask:

What exactly do we know?

What do we not yet know?

Is this a fact, a possibility or an estimate?

What does this mean specifically for me?

What can we do next?

Understanding the language helps me participate instead of allowing frightening words to carry meanings they may not actually have.

I Will Speak What I Am Becoming

My language does not have to remain anchored to what I fear.

I can speak toward the life I am living and becoming.

I can say:

I am learning.

I am participating.

I am asking better questions.

I am making thoughtful decisions.

I am surrounded by people who care for me.

I am strengthening my faith.

I am listening to my body.

I am creating peace around me.

I am becoming more confident in my own voice.

I am still here.

And when it reflects my faith, I can speak Scripture and declarations over my life.

Not as magic words.

Not as a denial of medicine.

But as an expression of what I believe.

I Will Guard the Words I Repeatedly Receive

Other people's words affect the environment around me.

Some people will speak from love.

Some will speak from fear.

Some will tell me stories I never asked to hear.

Some may unknowingly project someone else's outcome onto mine.

I can choose what I receive.

I can say:

"I know you care about me, but I do not need frightening stories right now."

I can say:

"Please do not tell me what happened to someone else. Help me stay present with my own journey."

I can say:

"I appreciate your concern. What I need from you right now is encouragement and prayer."

I do not have to absorb every word simply because someone offers it.

I Will Ask for Language I Can Understand

Medical language can be unfamiliar and overwhelming.

I have the right to ask:

"What does that mean?"

"Would you explain that in everyday language?"

"Can you write that down for me?"

"What is the most important thing you want me to understand?"

"When you use that word, what does it mean specifically in my situation?"

Asking for understandable language is not a sign that I am uninformed.

It is part of informed participation.

I Will Make Room for Hope in Medical Conversations

I want honesty from the people caring for me.

I do not want information hidden from me or softened until it loses meaning.

But honesty and hope are not opposites.

When conversations become difficult, I may ask:

"What are we hoping this treatment will accomplish?"

"What is working in my favor?"

"What options remain available?"

"What can I do to participate?"

"What are our next steps?"

I want medical conversations that make room for reality and possibility.

I Will Give Myself Grace When My Words Falter

There may be days when I speak fear.

There may be days when I complain.

There may be days when I say something I wish I had not said.

I will not turn language awareness into another way to blame or police myself.

One frightened sentence does not determine my future.

I can notice it.

I can breathe.

I can pray.

I can choose again.

My Words Protocol is not about perfect speech.

It is about conscious speech.

How My Care Team Can Support My Words Protocol

I value clear, truthful and compassionate communication.

Please give me accurate medical information without assuming that a diagnosis, statistic or prognosis defines the entirety of my future.

Please explain unfamiliar terminology when I ask.

Please distinguish clearly between what is known, what is suspected, what is possible and what remains uncertain.

Please speak directly to me and include me in conversations about my care.

Please understand that hope and faith are important to me and can coexist with my desire for honest medical information.

When possible, help me understand not only what is wrong, but also what can be done and what comes next.

Words matter to me.

The Words I Choose

I choose words that strengthen my ability to participate in my life.

Words of truth.

Words of faith.

Words of possibility.

Words of courage.

Words of peace.

Words that remind me who I am.

Words that remind me whose I am.

I will not surrender my language to a diagnosis.

I will not allow medical terminology to become my identity.

I will not require myself to pretend everything is fine when it is not.

I will speak honestly.

I will speak intentionally.

I will speak with faith.

I will speak with hope.

And when fear speaks first, I can choose what I say next.

My Personal Words Protocol

Words I choose to speak over my life:

Words or labels that do not belong to me:

A Scripture or truth I want to return to:

When I become afraid, I want to remind myself:

What I want others to understand about the language they use around me:

The words I choose for this season of my life are:

Name: _____

Date: _____

My Words Protocol™ is a personal communication, reflection and self-advocacy tool. It does not replace medical information, medical advice, mental health care, informed consent or communication with qualified healthcare professionals.