December 1st, 2015

Dear Anna,

I know you are going through a difficult time. I can tell you are being hard on yourself and you are scared of what the future will hold. It is only human to feel this way. Sometimes you forgot to celebrate how resilient you are. You are scared of change and worried that your loved ones won’t change with you. The reality is that something is wrong if we’re not changing. Everyone grows and changes, you just had a huge life event catapult that change a little faster than you planned on. Your husband and your friends are caring loving individuals and they will still be in your life no matter what your future holds and how you adjust. They love you through thick and thin and have shown you time and time again that this is true. Though doubt and fear can be powerful, try to believe what your loved ones are telling you. You are loved, you are admired, and you are respected. You are beautiful inside and out. Remember that your body is going through hell and even after treatment it will take time to heal both mental and emotionally. Make sure you give yourself a grace period free of judgment and free of self-doubt to rebuild yourself. Even once your physical wounds heal, your emotional scars may remain. It is perfectly natural to go through that experience. You are a fighter. Though you may not have ever expected to go through something like cancer, I am so glad you had this experience to make you stronger. You have learned so much about gratitude, perseverance and self- compassion. These are wonderful qualities you will model for your children. Though horrific, cancer helped you re-prioritize your life and push harder for your goals. You are less held back by self-doubt and insecurity. I am so proud of you for your bravery and positivity.

Love Always,

Your future self