

<p style="text-align: center;">Event</p> <p>Mom was diagnosed with breast cancer.</p>	<p style="text-align: center;">Assessment</p> <p>Life's not fair.</p> <p>I can't handle this.</p> <p>Just when you think you're happy, the rug is going to get pulled out from under you.</p> <p>We're all going to get cancer, and we're all going to DIE! It's an epidemic! (Note: this is what I mean by drama--we all have dramatic thoughts, so we may as well write them down)</p>
<p style="text-align: center;">Commitment</p> <p>That my mom feels loved and supported.</p> <p>Having a close relationship with my parents.</p> <p>Being a good daughter.</p> <p>Being a beacon of light and hope for others.</p> <p>That all human beings are empowered to take care of themselves and be loving toward themselves.</p>	<p style="text-align: center;">Actions</p> <p>Go to San Francisco for my mom's treatment appointments.</p> <p>Help my mom around the house and with the dogs while she's in treatment.</p> <p>Check in with my mom and dad regularly when I'm not there.</p> <p>Share my experience with others in a positive light.</p> <p>Pray for the health of my mom and all those suffering from cancer.</p> <p>Take good care of myself--meditate, write, clean up my diet and the products I use, keep up my exercise routine.</p> <p>Share my coping tools with others.</p>