

AC 1987

Amanda: A 36-year-old woman recently diagnosed with stage 4 breast cancer.

Amanda describes herself as shocked, scared, and sad by her diagnosis. She states she is stressed and concerned with how treatment will affect her ability to have a quality life. Amanda is considering whether she will continue working at this time. She is a teacher, and she states she has a lot on her plate. Specifically, she states when school is in session she tends to be stressed out. Finances are also a concern.

Amanda is single and enjoys finding meaning in life through connecting with others. She is close to her sister, mother, father, two roommates, and several close friends. Her best friend's children are like a niece and nephew to her. Amanda shares that she is spiritual but not religious. She connects with her spirituality through travel and spending time with her friends. Amanda utilizes yoga and barre classes for coping. She also uses her friends as "sounding board."

Amanda's current worries are in relation to whether she should receive treatment or not. Amanda describes a good life as one where one finds true happiness. Amanda finds this happiness from connecting to people, traveling, doing things she never thought she could, and feeling fulfilled through meaningful purpose. Amanda is concerned that treatment will limit her ability to be active, travel, and have closure with loved ones. For Amanda, this is the most important concern she wants her care to know.