

**Julie: A 50-year-old married woman recently diagnosed with early-stage breast cancer**

Julie describes feeling strange about her recent diagnosis, particularly since she felt “so healthy” over the past few months. Julie is unsure whether she wants to take part in chemotherapy or radiation and noted a preference for complementary and alternative medicine options when possible. When describing what is important to her, Julie highlights a spirituality that is “connected to nature.” She has always enjoyed being active, healthy, and greatly enjoys time spent outdoors. She views this connectedness to nature as crucial to her overall health.

Regarding important roles in her life, Julie strongly associates with her role as a long-term teacher, a wife, and the owner of two dogs. These roles relate to her current worries, since Julie’s husband is European, and she is concerned about his immigration status in the US. She is worried about what may happen to him as well as their two dogs if she becomes too ill to care for them. But overall, Julie views herself as “strong” and asks the treatment team to see her in the same way. She believes she is capable of fighting cancer, and considers this her primary goal at this time.