

LIVING WITH THE UNCERTAINTY OF CANCER: HOLDING HOPE AND FEAR

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The Guest House

By Jalaluddin Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.



6 WORD MEMOIR



Living with Contradictory Emotions – The Power of BOTH / AND

- Relief **AND** Fear
- Guilt **AND** Relief
- Sadness **AND** Gratitude
- Anger **AND** Joy



NAVIGATING EMOTIONS: OURS & OTHERS'



ACCEPTING / ALLOWING MULTIPLE EMOTIONS

“You won’t stop the waves, but you can learn to surf.” -Joseph Goldstein

Acceptance is	Acceptance is not
awareness	giving up
non-judgmental	failing
about making room	tolerating

Self-Compassion

“Having compassion starts and ends with having compassion for all those unwanted parts of ourselves. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy”. - Pema Chodron

Self-compassion is giving ourselves the same kindness and care that we'd give to a good friend

It involves:

- Acknowledging a moment of suffering
- Allowing that suffering is a part of life
- Offering kindness to yourself



RAIN: Practicing & Internalizing Acceptance & Radical Compassion

Recognize	Recognize what is happening
Allow	Allow the experience to be there, just as it is
Investigate	Investigate with interest and care
Nurture	Nurture with self-compassion

QUESTIONS & REFLECTIONS

