

HEALING METAPHORS



A GUIDE FOR CANCER PATIENTS

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If you have questions, suggestions or would like to use this guide, please contact jenmorenom@gmail.com

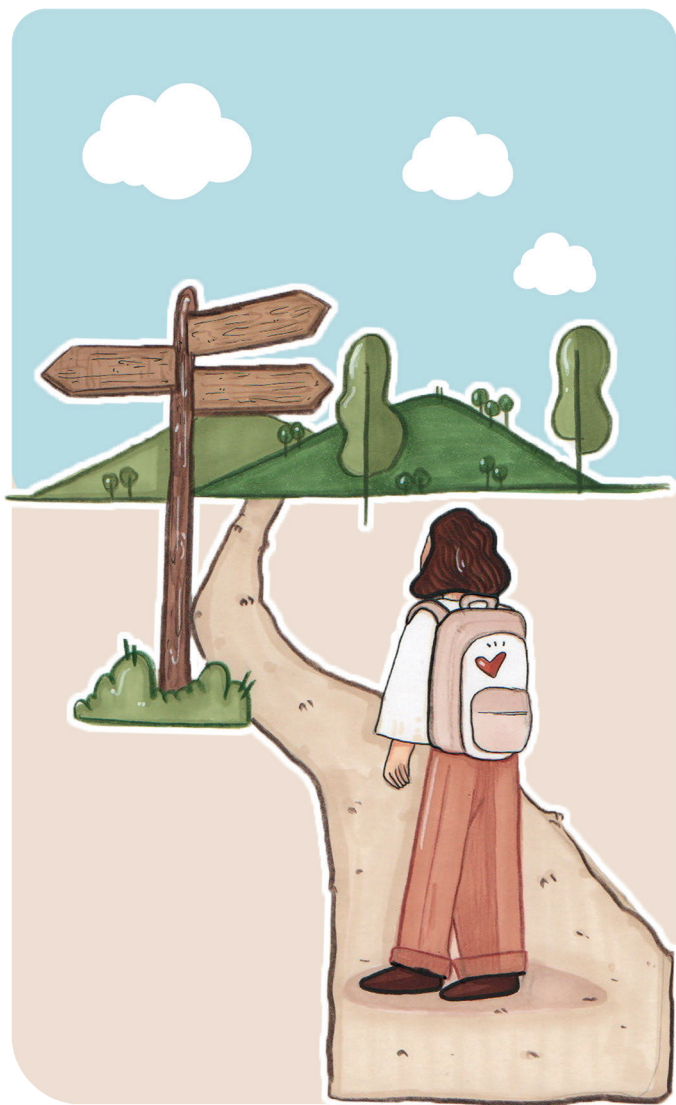


@Jenn5xii

This document offers a compilation of the most common metaphors used by patients diagnosed with different types of blood cancer when describing their illness experience. Such metaphors have been retrieved from a corpus-based study in which patients' narratives have been analysed.

Inspired by the Metaphor Menu for People Living with Cancer created at Lancaster University, and being aware of how powerful language is, this guide aims to help cancer patients to learn about other metaphors so that they can choose the one they most identify with when talking about their illness experience.

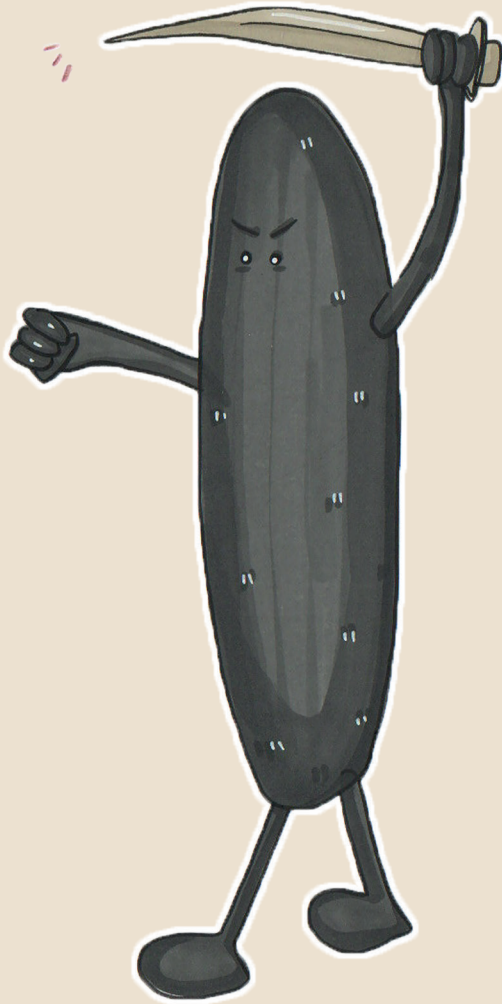
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“Cancer is not an easy road: sometimes you find stones in the way, sometimes it is long and hard, but, despite the obstacles, in the end, it is worth it.”





“It’s time to dust off the foil, but remember that, in this fight, tomorrow you can lose what you win today, and the other way round. It is the most difficult but most rewarding fight in life.”



“It’s like a very strong slap in the face, the kind you don’t expect.”

“At first, you think you’ll be alone in the ring, taking all the blows, but one day you realise it’s time to get up.”



“At the beginning, you are afraid of having to give up, of not being able to deal with it or of not having the strength. However, there is a will, and the goal is clear:



TO LIVE.”



“Cancer is one of the most terrible nightmares you can have: it is like wanting to run away and having your feet paralysed.”





“Although sometimes you may not believe it, it is a nightmare from which it is possible to wake up.”



“Without knowing or expecting
it, cancer was my lifesaver.”

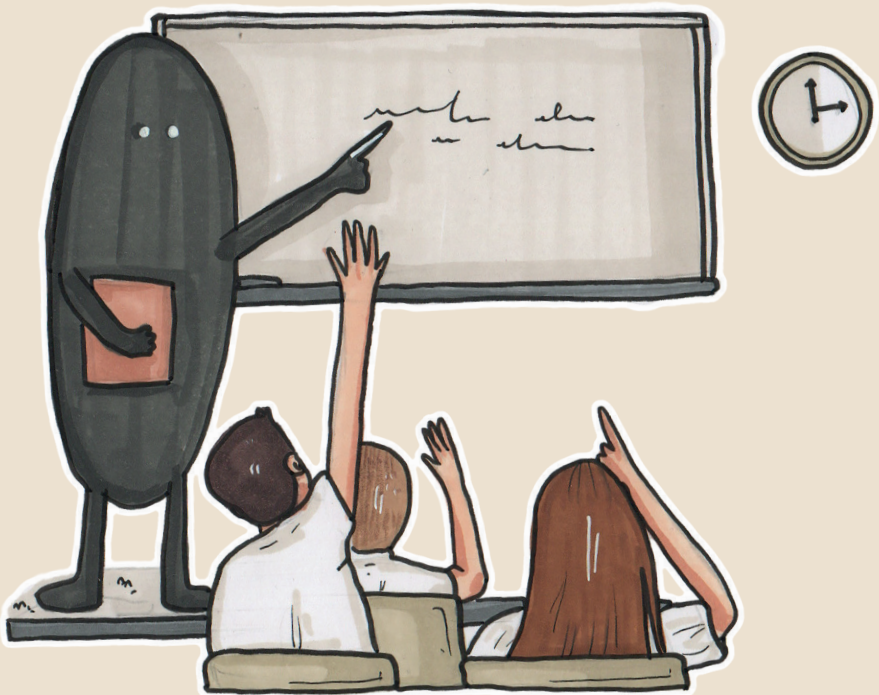
“One day, cancer decides to knock on your door and be your companion for a while.”

“Sometimes, it gives you space for your own things, but it also steals much of your time.”





“Cancer is a life lesson. It teaches you to discern between what really matters and what is incidental.”



“It is a lesson from which you can’t help learning something positive, and the list, in many cases, is endless.”

“It’s a difficult time in which you completely disconnect from your life.”



“Suddenly, you switch off, so you have to recharge your batteries to come back with all your energy.”



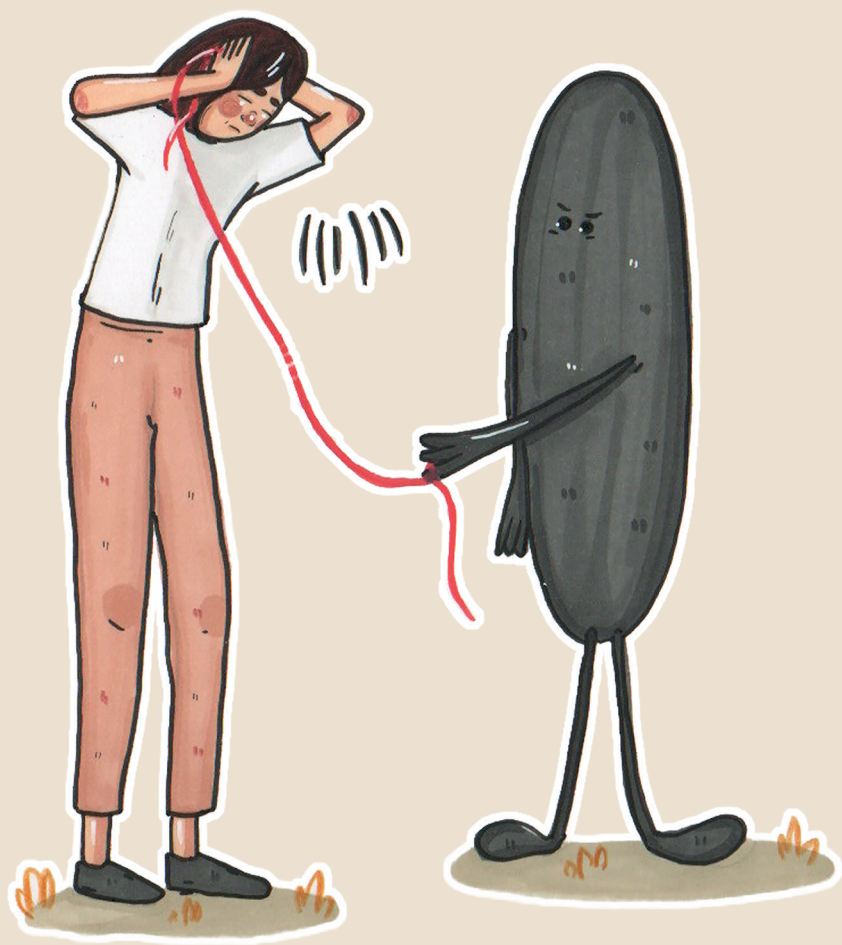


“It is like falling into the deepest darkness. You stop seeing, you can only feel.”

“You feel like your world is no longer the same, but remember: there is light at the end of the tunnel.”

“We never realise it can be us until it actually happens to us.”

“You have to focus on solving what is within your reach. The rest is left to fate, which always follows its own criteria.”









“Suddenly, without knowing how, cancer stains both your body and your life.

From then on, it is just a matter of finding the right product for your stain type. You have to keep trying until, one day, you'll be finally clean."





“Having cancer is like being in the middle of the sea. You’re dropped in there, with no life jacket or lifeboat.



So you have no choice: you have to keep swimming until you reach the nearest shore.”



