

# Preparation for Chemotherapy

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**Read this "ideal" script at least twice a day for several days to a week prior to each chemotherapy treatment and continue for some time after the treatment. You don't have to believe it or remember it. Just read it aloud or silently many times. Even though initially you may not want to think about your chemotherapy treatment, strongly encourage yourself to read this script and you will become more at ease with it as you continue. If your mind objects to some of these concepts, simply cross them out or replace them with an "ideal" statement of your own. Research has shown that we can boost the healing process by giving our minds and bodies specific instructions for rapid recovery.**

I am calm, comfortable, and confident. I breathe deeply at all times.

I am hopeful and trusting in Goodness at all times. I am hopeful and positive about all that is happening.

I have many people supporting me, loving me, and praying for me at this very moment and at all times.

I am ready for a peaceful night's sleep.

When I awake on the morning of the chemotherapy treatment, I feel very good. I am ready for the continued process of healing and recovery.

As I take my shower, I smell the fragrant, cleansing soap. I feel the soapy smooth suds all over my body. This feels comforting and good. I am clean and free.

I put on freshly laundered clothes and as I inhale and exhale deeply, I notice that they smell so clean.

I see myself in the mirror and I feel relaxed and even more confident than I had expected.

I have my belongings ready to go with me to the treatment room. I have some things that bring me comfort and enjoyment.

During my drive to the medical office, I notice the very light traffic pattern, the perfect weather conditions, and the easy, comfortable drive with extra time to spare. The sky is gorgeous blue with white puffy clouds. It is a beautiful day!

I notice the robins and cardinals in the sky. Their sweet music fills the air.

My companion is calm and understanding and shows their love by a gentle look in their eyes. Their look comforts me and helps me know they are with me every step of the way.

At the medical office the courteous receptionist greets me so pleasantly.

As I enter and look about the treatment room I see the faces of others who are receiving treatment also. Looking deeply into their eyes and seeing the inner beauty of their being I connect with their determination to do all that is necessary for health and recovery.

I inhale and exhale comfortably.

The friendly, kind, and compassionate nurse prepares me for the chemo treatment, which is a necessary process in my regaining and maintaining perfect health.

I am so fortunate to be able to receive a miracle medicine that will eliminate any cells other than those that are life giving, robust and that contribute to my overall health and vitality.

The nurses and I exchange pleasant smiles and friendly conversation.

I breathe deeply and gently. I am relaxed, confident and comfortable. My whole body relaxes into the comfortable chair.

I trust my excellent, skilled, and thorough oncologist.

I trust my knowledgeable, compassionate and comforting nurses and technicians.

Everyone who touches me does so with skill and love.

The miracle medicine enters my body and affects only those cells that need to be eliminated. It moves quickly out of my body as soon as it has done its work.

Excess chemo and unwanted cells are eliminated completely from my body each time I go to the bathroom. I feel a sense of relief. I am safe and secure.

My body reacts with comfort, acceptance, and hopeful expectation of perfect health, vigor, energy, and life.

Any side effects that I may experience are far less than anticipated.

Every person is unique and individual. I am blessed with comfort, relaxation, and a sense of love and compassion in my heart for all who walk their journeys with me.

God inspires and guides all who take care of me -- the oncologist, the nurses, and the technicians. Their angels and my angels watch over them and me and guide us all for the purpose of achieving and maintaining perfect health and wellbeing.

When I think of \_\_\_\_\_ I know she/he is sending me love, prayers and angels to comfort and protect me at all times and in every situation.

As I proceed through the steps, I use my imagination to see my loved ones' comforting smiles and hear their gentle words of encouragement.

I feel the hands of the friendly nurse who pats my arm and tells me I am doing just fine. I am told that I am in good hands.

I smile knowing that I am in the very best of hands--that of my good and loving God who takes care of every detail in my life. I am completely open to Divine intervention in my life. I welcome all experiences for the good they bring and the Divine purpose they have in my life. I am filled with hope and trust. I can surrender completely knowing that all that happens is for the ultimate highest Good.

The treatment room is a place where miracles happen.

In fact, my body is a place where miracles happen!

The chemotherapy treatment goes quickly, perfectly and easily. All are amazed at how well I received the treatment. The healing process continues with remarkable progress!

Exactly when the time is right the treatment is completed. All medications have had optimum effects. I am alert. I have strength and energy. I feel wonderful!

All my vital signs are normal and perfect!

My nurses commend each other and me for the wonderful job we have done. I am filled with relief, thankfulness, joy, and peacefulness as my recovery to perfect health and well being continues.

I am totally relaxed and comfortable at all times.

My stomach is calm and content. My appetite is satisfactory and the food is delicious. My digestive system continues to function normally and comfortably. My stomach and intestines process and move nutrients appropriately after every chemotherapy treatment.

My blood counts remain high, keeping me healthy and feeling good.

My liver functions excellently, thus my liver enzymes remain well within the normal range.

My immune system is strong and protects me at all times. My antibodies and white blood cells are robust and active in doing their job carrying away unwanted matter. My tissues remain completely healthy. All systems are balanced and normal in their healthy functioning.

My recovery to perfect health is comfortable, rapid, and complete.

My loving family and friends rejoice at my rapid return to perfect health.

My prognosis is for the best of health.

I now thank my remarkable body for healing so well! I thank my heart, my lungs, and my spleen, my liver and pancreas. I thank my brain, my nervous system, my digestive system, and my immune system. I thank my reproductive organs, my muscles, and my bones. I thank and send love to every cell in my body for helping me through this time and for giving me all the gifts that they were created to give me.

I even thank the enduring soul of any parts of my body that were separated from me by surgery. In spirit and light my body is whole, complete and in radiant health for all time. Throughout my treatments caring hands tend to all my needs. They hold my hand when I need it and they comfort me so gently.

As I get ready to go home, I thank the nurses and my oncologist who have cared for me so well.

My loved one takes me home. Everyone who sees me tells me how good I look and healthy I am. When I see myself in the mirror, I reflect confidence, joy, and true beauty of heart. I am attractive and I feel good about looking at myself.

I am now whole, healthy, strong and free, just as I am meant to be!

I am so richly blessed. I use my health and strength to do God's will and to give myself to Divine service. My hope and trust are unceasing! God's love for me, ***just as I am***, is infinite and eternal!

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### **Additional Resources**

- Bennett, Henry L. and Elizabeth A. Disbrow: "Preparing For Surgery And Other Medical Procedures," in *Mind/Body Medicine*, edited by Daniel Goleman and Joel Gurin, Yonkers, NY: Consumer Reports Books, 1993.
- Bradley, Edward L.: *A Patient's Guide to Surgery*. NY: Consumer Reports Books, 1994.
- Huddleston, Peggy: *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*. Cambridge, MA: Angel River Press, 1996.
- Inlander, C.B. and E.Weiner: *Take This Book to the Hospital with You*. NY: Pantheon, 1991.
- Rodgers, Linda. P.I.P. Surgical Audiotape Series (70 Maple Avenue, Katonah, NY 10536, Telephone: 914-232-6405).