

JENNIFER GRETZEMA



KASSONDRA

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Dear Kassondra,

Thank for acknowledging the confines of the hospital.

Thank you for talking about the challenges of having a port as well as the teeter totter (the ups and downs) that exist during a time of illness.

Thank you for being able to see some positives during your illness, like your family and art and even your port (sometimes).

During our time with the sand tray, you relayed that another girl wrote to you. She told you that you gave her hope. Know that your words will give hope and resonate with many people.

Surrounding you in hope,
Jenni

Kassondra's Sand Tray: She Said I Gave Her Hope

I put the cage because being in the hospital makes me feel like I'm caged up. Bringing my laptop helps and talking to my mom.

The paint palette is there because the hospital gave me an art set. Art helps me calm down. I imagine I am in a different place. I put the bed because the majority of what I do is sleep. It makes the treatment go faster.

The port is there because I have a port. Having a port sucks because I usually sleep on my stomach and I had to change my position when I got the port, but I don't have to have needle pokes in my arm, which is a good thing.

I put the "trust" rock because some people never talked to me before I had Cancer. It was hard to tell who would stick around after I got Cancer, but I also got to meet a lot of new friends through this. Some of them had Cancer.

The "family" rock and the house are there because after a week of not seeing my brother, it is really nice to see him.

The "inspire" rock is there because a girl messaged me on Facebook. She told me that she was going through something difficult and knowing what I was going through kept her positive and strong. She said I gave her hope.

I put the teeter totter in because when you have Cancer, some days you can feel really up and some days you can feel so tired.

The mirror is there because I used to think I would be ugly and not be me without my hair, but lots of people proved to me that that's not true. Some people said, "I'm rocking the bald look."

By: Kassondra

STORIES FROM THE SANDBOX



Kassondra's Sand Tray: She Said I Gave Her Hope