

Labeling Your BRITE Compass

As its name suggests, a **BRITE compass** helps you move through your breast implant through explant journey. It's labeled with your values and is an important tool for bringing your whole self forward when choosing to keep, replace, or remove your problematic or aging breast implants. Chapter 6 of *Busting Free* provides a values list and describes the process for discerning which ones you want to guide you on this journey. After selecting your top 8 values, use them to label the fillable template below.



Once labeled, the points on your BRITE compass remind you what matters to you underneath your breasts' appearance. As with any compass, consult your BRITE compass whenever you've lost your way or are maneuvering something challenging (e.g., moving toward explant even though you're afraid or being loving to your post-explant chest even if you don't like the way it appears). Use it to find your way through challenging moments by intentionally doing things that are guided by and in pursuit of your values. Take a screenshot, or print this out, so you can easily remind yourself about the woman you most want to be as you navigate the harder-to-see inner journey with breast implants or their removal.