

10 things to ask myself

before I see the doctor



- 1: *What do I want to get from this visit?*
- 2: *What do I need to say to the doctor?*
- 3: *What do I need to know from the doctor?*
- 4: *What is my priority for this visit?*
- 5: *What am I already doing to help myself?*
- 6: *How am I feeling today?*
- 7: *How have I felt since the last visit, and what difficulties have I had?*
- 8: *What have I achieved since the last visit? What is my next goal?*
- 9: *What else is happening in my life to affect my health?*
- 10: *Is there something I may find it difficult to talk about today?*

If you have a long-term condition, work in partnership with your doctor to manage your day-to-day life.



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