

THE DOCTOR CONVERSATION WORKSHEET

Make the next visit with your doctor a meaningful one with this handy conversation guide. Capture key thoughts you want to share with your doctor: your wins, challenges, goals, and questions.



MY WINS

"I felt good enough to play with my kids yesterday."

Big or small, "wins" are important for sharing and measuring your progress. Consider sharing:

- If you're feeling mentally stronger.
- A new task that you're able to do since your last appointment.



MY GOALS

"I'd like to drive longer distances without a flare up."

Tracking your disease management plan is key. Your goals should be specific and measurable.

- Goals can be as small as "I want to brush my hair" or as big as "I want to take a trip."
- Ask yourself regularly, are you meeting these goals?



MY NEXT STEPS

Fill this section out with your doctor to identify how you will work toward accomplishing the joint goals you've set. Be sure to note how you are doing.



MY CHALLENGES

"It's so tough to pick up my laundry baskets."

Are you having difficulties with common daily tasks? Consider sharing:

- Have your symptoms changed? Do you feel better, but not great?
- Are your symptoms interfering with your ability to do everyday tasks?



MY QUESTIONS

"How can I help my family understand how my condition impacts me?"

Come prepared to your doctor's visit with important questions.

- How are you feeling about the medication(s) you are taking?
- What tips could help me with everyday tasks?



Remember: Give yourself a break!

Your disease management plan is a work in progress. Both you and your doctor can monitor and adjust your plan as your needs change.

Next appointment date: