

Make yourself a "report card."

| | Yes | No |
|---|-----|----|
| Did the doctor look at me for most of the conversation? | | |
| Did the doctor direct questions to me? | | |
| Did I ask all my questions? | | |
| Did I write down (or record) the answers to my questions? | | |
| I felt that the doctor listened to me. | | |
| At the doctor visit, I learned something that I didn't know before. | | |

Things that I forgot:

What should I do differently next time?