

MAKING ALIGNED MEDICAL DECISIONS WITH THE BRAIN* ACRONYM

B

Benefits (advantages of an option, past positive experiences)

R

Risks (side effects, downsides, previous negative experiences)

A

Alternatives (what are the other treatments or options available?)

I

Intuition (what does my gut say? Does this option feel expansive or constrictive?)

N

do **Nothing** (wait for a while, don't jump into an option. Reassess in a few weeks or months.)

Bonus information: loved ones' opinions, doctor recommendations, things you've read or heard.

Your Heart Knows