



When visiting a doctor or counselor, it's important to ask questions that help you understand your treatment, build trust, and ensure you're taking an active role in your care. Here are the top five questions to ask:

For a Doctor:

- 1. What are my treatment options, and what do you recommend?**
 - This helps you understand the full scope of your options, including any risks, side effects, and benefits of each choice.
- 2. What lifestyle changes can I make to improve my condition?**
 - This question emphasizes preventive care and helps you gain insight into daily habits that could support your health.
- 3. What symptoms should I watch out for that would require immediate attention?**
 - Knowing this information can help you act quickly if your condition worsens or if new symptoms arise.
- 4. How will this condition or treatment affect my daily life?**
 - Understanding the practical impacts can prepare you for challenges related to work, social activities, or mobility.
- 5. Are there any new studies or research relevant to my condition that I should be aware of?**
 - Staying informed about the latest medical advancements ensures you are aware of potential new treatments or technologies.

For a Counselor:

- 1. What therapeutic approach do you use, and how does it work?**
 - This question clarifies their methods and helps you gauge if their approach aligns with your preferences and needs.
- 2. How do we measure progress in therapy?**
 - Knowing what milestones or indicators of progress look like can keep you motivated and informed about your journey.



3. What can I do between sessions to support my therapy goals?

- Counselors can provide strategies, exercises, or activities to practice, helping reinforce the work done during sessions.

4. How do you handle confidentiality and potential situations where it might be broken?

- Understanding the boundaries and situations that might warrant breaking confidentiality helps you feel secure sharing openly.

5. What signs indicate that therapy is working or that I might need a different approach?

- This question provides insight into evaluating whether the counseling is effective or if adjustments are needed.

These questions create a strong foundation for communication and empower you to be more involved in your healthcare or therapeutic process.

Expressing Your Needs/Concerns to Your Counselor/Therapist:

When addressing a concern with a therapist, it's important to communicate openly and respectfully to maintain a constructive therapeutic relationship. Here's how to express this request effectively:

- 1. Start with a Positive Tone:** Acknowledge their expertise and your appreciation for their work. For example, you might say:
 - "I really value our sessions and the progress we've been making."
- 2. Express Your Needs Clearly and Directly:** Be honest about how you feel and what you need for the sessions to be more effective:
 - "I've noticed that when you look away and take notes during our sessions, I feel a bit disconnected. I think it would help me feel more understood if we had more eye contact while I'm talking."
- 3. Offer a Solution:** Suggest alternatives that might make it easier for them to focus on you while still keeping track of important details:



- “Would it be possible to use a recording device for the session, so you can review and transcribe it later? I think that would help you capture everything while allowing us to engage more directly.”

4. **Explain How It Impacts You:** Let them know why this is important to you:

- “When I feel listened to and seen, it makes it easier for me to open up and feel safe during our conversations.”

5. **Ask for Their Thoughts:** Engage them in finding a solution that works for both of you:

- “How do you feel about using a recording device or finding a way to balance note-taking with more direct engagement? I’d love to hear your thoughts on this.”

This approach is respectful, assertive, and shows that you are interested in a collaborative solution, which most therapists will appreciate.