

Is It Actually Helping?

A fair look at whether something is doing what you hoped it would do.

WHEN TO USE THIS

Use this before a review, or when you honestly cannot tell.

What were you hoping it would change?

Compared with before you started, how are things now?

0	1	2	3	4	5	6	7	8	9	10
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Worse

Much better

What is different, and what is not?

BETTER THAN BEFORE

NO CHANGE OR WORSE

What would you need to see to feel it is worth it?

Take this to your prescriber. Deciding is a conversation, not a solo call.