

Things You Have Not Mentioned Yet

Getting the effects you have been putting up with ready to say out loud.

WHEN TO USE THIS

Use this before your next appointment with whoever prescribes for you.

Keep taking everything exactly as prescribed while you sort this out. Bring this page and talk it through with them.

What have you noticed since you started or changed something?

Sleep, stomach, mood, weight, dry mouth, shaking, anything.

1. _____
2. _____
3. _____
4. _____
5. _____

Which one bothers you most, and how much of your day does it take?

What has kept you from mentioning it so far?

They cannot work with what they do not know about. This is worth saying.