



Identifying The Issues

Between visits to your provider, follow your treatment plan. Take medicines as directed. Complete any activities assigned to you. If you experience side effects from your medicine or have questions about your treatment, contact your provider right away.

Understanding Your Medicine

If you're getting a new medicine, ask your provider:

- What is the name of the medicine you're prescribing? _____
- Why am I taking this medicine? _____
- How much should I take? _____
- When should I take it? _____
- How soon should I expect results? _____
- Should I avoid any of the following while taking this medicine?
 Driving Physical Activity Other Medicine Alcohol
- Any possible side effects? What can I do about them? _____

Talking To Your Provider

Here's a list of helpful questions to ask:

- Which therapy approach is likely to help me? _____
- How often will we meet?
 Monthly Every Two Weeks Weekly Twice a Week Other
- How long will therapy continue? _____
- When might I start feeling better? _____
- Will you give me assignments between sessions? What will they be? _____

- What should I do if symptoms return after treatment? _____
- How can I reach you in case of emergency? _____
- **Other questions:** _____

