



QUESTIONS YOU CAN ASK

A practical phrase bank for clearer conversations, better follow-through, and a plan you understand.

You do not need to ask every question. Pick the two or three that matter most today. The goal is clarity: understand the reasoning, the plan, and what happens if the plan needs to change.

MY TOP THREE QUESTIONS TODAY Write these before the visit.

1

2

3

UNDERSTANDING THE DIAGNOSIS

- ☐ What makes this the most likely explanation?
- ☐ What else could cause these symptoms?
- ☐ Is there anything important we still need to rule out?
- ☐ What would make you reconsider the diagnosis?

MY NOTES

IF THE PLAN IS TO WATCH AND WAIT

- ☐ How long should I expect this to last or improve?
- ☐ What should make me contact you sooner?
- ☐ If I am not better by _____, what is our next step?
- ☐ What can I do or track in the meantime?

MY NOTES

**IF TESTS ARE NORMAL BUT I STILL FEEL UNWELL**

- ☐ What does this normal result rule out - and what does it not rule out?
- ☐ If my symptoms continue, what would you consider next?
- ☐ Would a referral or second opinion ever make sense?
- ☐ Is there anything specific I should track before the next visit?

MY NOTES

IF ANXIETY OR STRESS IS PART OF THE CONVERSATION

- ☐ Could anxiety be contributing while something physical is also going on?
- ☐ What physical causes are we considering as well?
- ☐ How will we know whether the current plan is working?
- ☐ If the symptoms change or persist, when should we revisit the diagnosis?

MY NOTES

BEFORE YOU LEAVE Close the loop.

QUESTION	
1	What do you think is happening?
2	What are we doing next?
3	When should I follow up?
4	What should make me seek care sooner?

NOTES FROM THE CONVERSATION
