



FREE PRACTICAL TOOL

After a Difficult Appointment

A reset plan for when an appointment, meeting, or conversation leaves you confused, dismissed, or overwhelmed.

Start here

- 1 Pause before deciding what the experience means. Drink water, breathe, and give yourself a moment.
- 2 Write down what happened, what was said, and what you still need answered.
- 3 Decide whether you want a follow-up, a second opinion, records, or someone with you next time.
- 4 Use one clear sentence: "I left with unanswered questions. I need help understanding the next step."

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