Preparing for an appointment with the GP

Centre for ADHD & Autism Support

What I want from my appointment: Why did I book this appointment? What is bothering me, causing me pain, or making me feel uncomfortable?

What I have been experiencing:	
e.g., Symptoms, worries, feelings, sensations	
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•	
•	
How long for?	

What support or help I would like this: What do I need to help me feel better?
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Questions I have: I don't want the appointment to finish until I have asked:
1.
2.
3.

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