

Activity 12 Practice



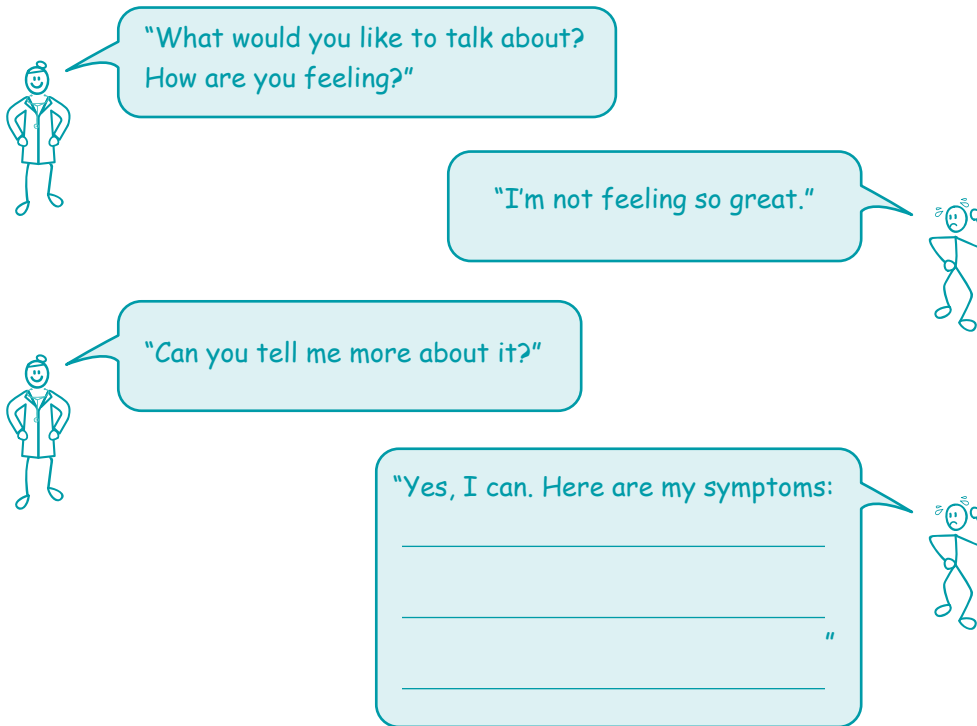
Work with a partner. Take turns playing each role. Or practice on your own if you like. Speak the words aloud.

Practice the conversation you might have with your doctor or health care provider. In the real situation, the words won't be exactly the same, but by practicing, you'll know how you feel and how to describe it.

If you're in a group and are uncomfortable talking about a real health issue or problem you have, then feel free to make one up.

Health Care Provider

You



"What would you like to talk about?
How are you feeling?"

"I'm not feeling so great."

"Can you tell me more about it?"

"Yes, I can. Here are my symptoms:

_____"



Try This

Repeat the activity, but this time discuss your concerns or worries about the person you care about, the person whose health you are responsible for.