

Your Healthcare Experiences

Recall a time when you felt pressured into a medical decision.

- What factors influenced your decision the most (e.g., fear, authority, societal expectations)?

- How did this experience make you feel at the time and afterward?

Think about a medical recommendation you questioned or resisted.

- What led you to question it?

- How did others react to your hesitation or refusal?

Recognising Psychological Coercion

Reflect on a recent health-related campaign, advertisement, or message.

- Did it use fear, guilt, or social pressure to persuade compliance?

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- How did you feel about the message, and how might it have affected others?
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Have you ever felt isolated, judged, or criticised for making a health choice that differed from the mainstream?

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- How did you navigate the situation?
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- What support (if any) helped you manage that experience?
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Empowering Your Decisions

What does "informed consent" mean to you personally?

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- How do you ensure you have all the necessary information before making a healthcare choice?
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Identify three actions you can take to feel more confident and empowered in your healthcare decisions moving forward.

Final Thought

"The first step in protecting your rights is understanding them."

Reflect on how your past experiences have shaped your approach to healthcare and how you can make more empowered decisions in the future.

Notes: