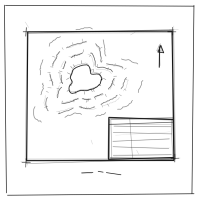
WHAT TO WALK IN WITH

Before the appointment



A ten-minute appointment runs on whatever you say first, and tired is the single most common thing anybody says in one. Lead with the specifics. Write them here, because you will not remember them in the room, and that is not a personal failing.

THREE OBSERVATIONS CH. 4

Does enjoyment survive anywhere at all right now? When did something last land?

Has this eased, even briefly, on a genuinely obligation-free day?

Is it reliably worse in the morning?

THE LOOK BACK CH. 7

My last few worst stretches, and what happened in the 24 to 72 hours before each one:

THE REQUEST, SAID PLAINLY CH. 10

"I have been exhausted for months. I would like my thyroid, iron, B12 and folate checked."

SAY THESE FIRST, IF THEY APPLY CH. 6

Multi-day stretches of elevated or irritable mood, with a reduced need for sleep rather than an inability to sleep:

Mood episodes anywhere in my family:

IF I TAKE MEDICATION CH. 22

What improved and stayed improved:

What never moved:

What changed about my load since I started:

If it goes badly, that is a reason to go back or go elsewhere. It is not a verdict on whether this is real.

In crisis, not in need of an appointment? US and Canada: call or text 988. UK and Ireland: Samaritans, 116 123.