

Reflection Questions

Psychosocial Barriers to Self Advocacy

- ~ What happened?
- ~ How did you feel (especially about not being heard)?
- ~ What do you wish had been different?
- ~ Can you describe a time when you didn't feel your concerns were listened to?
- ~ How did that affect the outcome of your care or your trust in the provider?
- ~ What would you have wanted to hear or experience instead?
- ~ How have you advocated for yourself or a loved one in healthcare?
- ~ What challenges did you face, and how did you address them?

Four Questions

What am I not saying that needs to be said?

What am I saying (in words or actions) that is not being heard?

What is being said, that I am not hearing

How am I complicit in creating the conditions I do not want?