

Describing your Symptoms

The first step to getting the right treatment, is getting the right diagnosis which will be based on the description of the symptoms you share with the health professional you see.

Similarly, if you're already receiving treatment, any changes to or reviews of that treatment will be based on an assessment of your condition. So, the information you give the health professional is vital if they are to work with you to determine the care and treatment you need.

Have a look at the [Preparing for Meetings/Appointments](#)

Top Tips and Worksheets but in addition:

- Be honest about your symptoms – don't worry that your health professional will judge you – they're there to help.
- Don't just focus on any obvious rituals that you carry out – make sure you explain about your intrusive thoughts too.
- Are you using alternative treatments or alcohol to cope with your symptoms/ease your anxiety?
- What, if any, treatment have you had in the past? Was it helpful? Would you consider trying it again?
- What other mental or physical health issues do you have or are taking medication for that might be impacting on or impacted by your symptoms?
- Describe how the symptoms impact on your daily life – don't underplay the impact.

**Top
Tips**