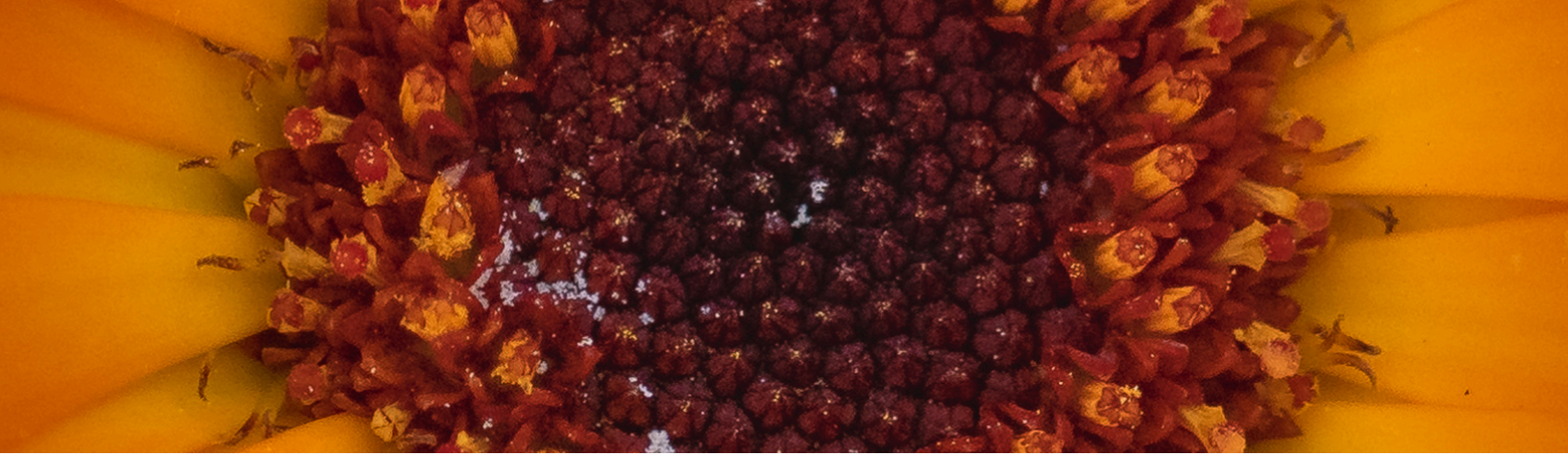




6 QUESTIONS TO ASK BEFORE YOU ACCEPT ANY DIAGNOSIS

A guide to reclaiming
your health decisions



When you're unwell, it's natural to look to professionals for answers. But often, you're left with labels, prescriptions, and long-term plans that don't resolve what's really going on.

If your life isn't in immediate danger, it's worth slowing down. A medical emergency should always be treated as such—but if your body has been shouting for a while, and you're now being handed a name for what's wrong, these questions may help you understand whether the next step is the right one.

Sometimes, a diagnosis is just a name. Sometimes, the solution offered is just a way to suppress the symptoms. And sometimes, by asking better questions, you uncover something deeper—and more helpful.

01 What is this diagnosis based on?

- Is there a clear test result confirming it?
- Or is it a label given because nothing else fits?
- Could it be a “diagnosis of exclusion”?

Example: Many autoimmune diagnoses are essentially shorthand for “we don't know why your immune system is behaving this way.”

02 What is the proposed treatment meant to achieve?

- Will it address the cause—or only suppress symptoms?
- How will success be measured?
- What happens if the treatment doesn't work?

Note: Be wary if the only goal is “management.” That often means keeping the symptoms quiet—not solving the problem.

03

What are the known side effects—and how will they be monitored?

- What are the short- and long-term risks?
- Will anyone be checking whether it's harming more than helping?
- Are there safer options to try first?

Example: Antidepressants are often prescribed without mentioning sexual side effects, withdrawal symptoms, or emotional blunting.

04

What else could be contributing to these symptoms?

- Has anyone looked at nutrition, trauma, environmental triggers, or chronic stress?
- Could this be the result of long-term tension or emotional overwhelm?
- Have other causes been ruled out—or just ignored?

Tip: Sometimes the most helpful question is: What changed before this started?

05

What happens if I do nothing for now?

- Is this urgent, or do I have time to reflect?
- Can I try something simple first and revisit treatment later?
- What are the consequences of watchful waiting?

Note: If it's not an emergency, giving your body space and support may be more healing than rushing into interventions you're unsure about.

06

What is your practitioner's real-world experience with this treatment?

- Have they seen it work—or are they just following protocol?
- Are they open to collaborating if you want to explore other routes?
- Do they see you as a person—not just a condition?

Tip: The practitioner's mindset matters as much as their method. If they're open, listening, and curious about your whole story—you're in better hands.

NEXT STEPS

Symptoms are not the enemy. They are messengers. The more we silence them without understanding what they're pointing to, the more we risk losing touch with the deeper cause of our suffering and the real path to healing.

This guide isn't about rejecting all medical treatment, it's about reclaiming your role in the decision-making process. You have a right to ask questions. You have a right to understand what's happening in your body. And you have a right to choose what happens next.

curious to learn more?

If something in this guide resonated with you or you are navigating health challenges and what you are being told doesn't make sense, you're welcome to explore more at: www.boulderstonetechnique.com or join our mailing list via Substack for resources and real stories that put people, not symptom, at the core.