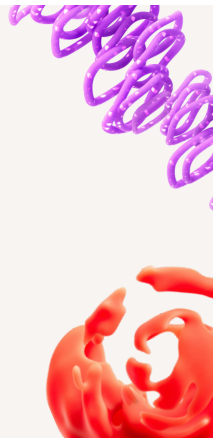




Advocate For Yourself In Healthcare

Safety, consent, and dignity in every exam room

A free empowerment resource by Jenny Josaphat
[@GoddessSpeaksFire](#)



Before You Go

Write down 3 boundaries:

What are you *not* okay with? Be specific.

Examples:

- "I'm not comfortable with a pelvic exam today."
- "Please explain each step before you do it."
- "I only want to discuss issue X today."

Bring a support person:

A friend, family member, or doula can provide emotional support and help you remember details.

Grounding exercise:

Try this if you feel anxious.

- Name 5 things you can see.
- Name 4 things you can touch.
- Name 3 things you can hear.
- Name 2 things you can smell.
- Name 1 thing you can taste.

In the Room — Scripts You Can Use

- "I have some concerns about the proposed treatment. Can we discuss alternatives?"
- "I'm not comfortable with that. Can we skip that part of the exam?"
- "Please explain what you're doing before you do it."
- "I'm in pain. Please stop."
- "I need a moment to process this information."
- "I'm only comfortable discussing one health issue today."
- "This is a boundary for me."

After Your Visit

Jot down what happened:

Documenting the details of your visit can be helpful for future reference.

Steps if disrespected:

If your boundaries were crossed or you felt unsafe, consider:

- *Filing a complaint with the medical board.*
- Seeking therapy or counseling.
- Finding a new healthcare provider.

You are not asking for too much. You are asking for care. Save this, share this, and take it with you.

✨ Created by Jenny [@GoddessSpeaksFire](#)

Follow for daily trauma-informed scripts, patient rights, and resources for survivors of covert abuse.