

# Your Medical Mindset—How do YOU make decisions?

By Janelle Durham, Inspired by Kim James' and Laurie Levy's Worksheet , which was adapted from Your Medical Mind by Groopman & Hartzband.

## What health care tools do you use? (Are you a Naturalist or Technologist?)

Natural Remedies or Self-Help ←————→ Technology/ Medicine

## When / How Often do you use your health care tools? (Minimalist or Maximalist)

Only when I really need to. I try to avoid using. ←————→ As prevention, and at the first signs of a problem.

## Do you believe your tools are going to work? (Doubter or Believer)

I'm skeptical of treatments and of health care providers. I worry about side effects ←————→ I believe in treatments and trust health care providers. I focus on the benefits.

Understanding your general preferences may help you choose the health care providers and tools that are right for you, help you and your partner make decisions for each other if needed, and help you communicate your preferences to your caregivers. For example:

- A Naturalist who Believes in Minimal Intervention might choose a home birth with a midwife. If medical complications required that her care be transferred to a hospital, she may still prefer to use as minimal interventions as possible, and need help trusting technology.
- A Technologist who Believes in Maximal Interventions to prevent and treat problems before they become more severe may opt for a hospital birth with an OB, and may even request an elective cesarean. She may need reassured that a vaginal birth is safest for her and her baby.
- A Maximalist Believer who's somewhere between a Naturalist and a Technologist may choose a doula and an epidural and take birth classes.

Talk with your partner: Which terms best describes you? How will that influence the choices you make in advance and choices you make in labor?