

THE MIGRAINE CONVERSATION

5 Questions to Answer Together Before You Decide What Comes Next

For the person living with migraines and the person who loves them.

This is not a test, and it is not about proving how bad things are. It is simply a way to get the full picture on paper: what migraines are requiring, what they are changing, what they are costing, and what both of you need to know before making the next decision.

Use this with the podcast episode:

For the Person Who Loves Someone With Migraines

1 What did migraines require last week?

Do not count only the days that ended in bed. Think in hours. Include the time she was in pain and still working, driving, parenting, cooking, answering emails, sitting through an event, or simply trying to function.

About how many hours were affected last week?

What did she use to get through those hours?

Medication, ice, heat, caffeine, food changes, supplements, glasses, dark rooms, neck work, sleep, canceling something else, or anything she routinely reaches for.

2

What did she push through — and what never made the calendar?

This is where the hidden cost often shows up. There is the life migraines interrupt, and there is the life she quietly stops planning because she is not sure she will be able to do it.

What did she medicate, push, or power her way through last week?

What did she not even bother to plan?

Maybe she did not have enough medication left to feel comfortable taking the chance. Maybe she did not want to cancel again. Maybe she simply did not know how she would feel when the day came.

3 How has this changed over time?

Go back far enough to make the comparison meaningful. That may be five years ago. It may be before perimenopause. It may be before migraines became frequent, or even before migraines were part of life.

	EARLIER	NOW
Frequency		
How long they last		
How hard they are to stop		
How much medication/support is needed		
What she avoids or cancels		

What has changed the most?

4

What has continuing as-is already cost?

This is not about deciding whether past care was worthwhile. Some of it may have helped a lot. The point is to see the entire picture instead of evaluating the next decision as though doing nothing costs nothing.

PAST 1-2 YEARS	APPROX. COST	WHAT CHANGED?
Neurology / specialist visits		
Primary / urgent / ER care		
Imaging / labs / testing		
Prescription & OTC medications		
Supplements		
Physical therapy / chiropractic		
Massage / acupuncture / bodywork		
Diet programs / products / other approaches		
Missed work / unpaid time / lost opportunities		
Travel, childcare or other indirect costs		
Other		

What has improved because of all of this?

What is still unresolved?

5

What do we need to know before deciding what comes next?

If one of you is ready to do something different and the other is hesitant, do not turn that hesitation into a fight. Put the questions on paper.

What are we most afraid of repeating?

What would make the next approach meaningfully different from what has already been tried?

Are we looking only at the cost of taking action, or also the cost of staying in the same cycle?

What questions do we need answered before we could feel comfortable saying yes — or no?

If migraines were taking up far less space in our life, what would each of us want back?