Key Processes in Deciding to try Acupuncture

- Needing a treatment
- Needing a different treatment
- Choosing to try acupuncture
- Finding an acupuncturist

Illustrative Examples of Preconceptions about Acupuncture

- (Lack of) Expectations, cynicism about likely effectiveness, willing to give it a go, curious about needling process
- Desire, Hope, Desperation, to feel better, to be better, for a cure, for improved function, for better quality of life
- Concerns, Anxieties, Fears about: needles, side-effects, unqualified or incompetent practitioners, exotic, mystical health theories