

Reflection Worksheet: "Questioning What You Need" (ref Eleanor McBean's The Poisoned Needle)

1. Personal Awareness

a. What emotions did you feel while reading the summary or book?

☐ Shock ☐ Curiosity ☐ Resistance ☐ Relief ☐ Anger ☐ Other: _____

b. What information stood out to you the most, and why?

c. Did anything challenge your previous assumptions about health or medicine?

2. Exploring Beliefs About Health

a. How do you define "health"?

☐ Absence of disease ☐ Physical strength ☐ Energy and balance ☐ Emotional peace ☐

Other: _____

b. Where do your current health beliefs come from?

☐ Family upbringing ☐ Education ☐ Media ☐ Personal experience ☐ Faith ☐ Research

c. In your own words, what does *natural immunity* mean to you?

3. Information & Trust

a. Who do you currently trust for health information, and why?

b. What sources or experiences would help you feel *truly informed*?

c. How comfortable are you questioning medical authority or mainstream narratives?

☐ Very comfortable ☐ Somewhat comfortable ☐ Unsure ☐ Uncomfortable

4. Bodily Autonomy and Choice

a. What does *bodily autonomy* mean to you personally?

b. Do you feel free to make your own health choices without pressure or fear?

☐ Always ☐ Sometimes ☐ Rarely ☐ Never

c. What kind of information or environment would make it easier for you to make informed health decisions?

5. Moving Forward

a. After reading McBean's work, what new questions arise for you?

b. What actions might you take next to explore these questions further?

☐ Read original medical documents ☐ Join discussion groups
☐ Research natural immunity ☐ Review vaccine history independently
☐ Other: _____

c. What would *true health freedom* look like for you?

*** Closing Thought:**

"When we question, we reclaim our power. When we seek truth, we restore our freedom."