

# Deposition Tips



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A deposition is recorded sworn oral testimony of a party or witness before a trial. Your deposition is one of the main events during the life of a lawsuit. Rest assured that your attorney has been working diligently in preparation for this event, sometimes for months or even years. Your attorney will schedule several meetings with you before the deposition to review medical records and help you anticipate the types of questions you may face. **Preparation is key.**

#### Key Reminders for Your Deposition:

- **Dress appropriately**  
Especially if the deposition is videotaped—parts of the video may be shown during the trial.
- **Listen carefully and understand the questions**  
Everything you say can be used in court. If you're unsure about a question, it's perfectly okay to ask for clarification.
- **Your attorney may object to questions**  
This is normal! They will let you know when you can proceed with your answer after an objection.
- **Avoid speculation or guessing**  
Stick to the facts and only what you know to be true.
- **Stay calm and avoid arguments**  
Remaining composed throughout is essential.
- **Ask for a break if needed**  
If permitted in your jurisdiction, you may request a break to rest or collect your thoughts.

**Remember:** Proper preparation can significantly boost your confidence and help you navigate the deposition process with ease.

For more information, read [Demystifying the Deposition](#) on [blog.curi.com](https://blog.curi.com) or consult your Curi Claims Consultant.