

## 8. Finding Personal Motivation to Use Medication



Our family may urge us to take medication to help our mental health. Our team may encourage us to try medication. A judge may want us to take mental health medication. This can feel annoying until we discover our own personal motivation to use medication to help support our recovery. **Why do you (or don't you) use medication to support your mental health?** This worksheet will help you explore what might motivate you to use mental health medication.

**Step 1: What are some of the problems or symptoms that brought you to the clinic?**

**Step 2: List 3 things that the problems or symptoms are keeping you from doing or that you really would like to be able to do like "play soccer again" or "go to school" or "get back with my girlfriend."**

1.

2.

3.

**Step 3: Review your list in Step 2. Each of the things you listed can become a Personal Motivator. Next, add your Personal Motivators to the blank in each sentence below.**

Example: I am using this medicine so that I can be close to my girlfriend.

**1. I am using this medicine so that (add your personal motivator)**

**2. I am using this medicine so that**

**3. I am using this medicine so that**

**Option:** Get a pair of scissors, and cut out your Personal Motivators listed in Step 3. Tape your Personal Motivators to your medicine bottles. Each time you take your medicine, you'll be reminded of your reason – your motivation - for taking the medicine. Good luck!