

7. Psychiatric Medication and Me

Psychiatric medicines can be helpful to our recovery. However, sometimes psychiatric medications can alter our sense of who we are. For instance, you might be a naturally talkative person, but some medications may make you feel more quiet and withdrawn. This worksheet will help you and your team understand what's unique about you. Together, you'll be able to determine if the medications you may take would be truly helpful in supporting YOU in your recovery. Here are some exercises to get you started:

a. How I See Myself

In the list below, circle the words you honestly think describe you when you are feeling well. Add your own words in the spaces provided. Then answer the questions that follow:

EASY GOING	LIKE TO PARTY	ENERGETIC	LIKE TO SLEEP IN LATE
TALKATIVE	OUTGOING	THOUGHTFUL	PROCRASTINATOR
ANGRY	CONFIDENT	LAZY	NOT VERY EMOTIONAL
GET PUSHED AROUND	NEEDY	CREATIVE	EASILY BORED
LIKE HOW I LOOK	INDEPENDENT	ACTIVE	SHY
CRY EASILY	RESERVED	TRUST PEOPLE	LONER
EXTROVERTED	LIKE TO STAY UP LATE	INTROVERTED	LIKE IT QUIET
SENSITIVE, BUT DON'T SHOW IT	STUBBORN	NIGHT OWL	DON'T LIKE CROWDS
GET IN PEOPLE'S FACE	SENSITIVE AND SHOW MY FEELINGS	DON'T LIKE HOW I LOOK	DON'T CARE WHAT OTHERS SAY
BASICALLY THINK LIFE IS HARD	WANT TO BE LIKED	LIKE PHYSICAL ACTIVIITY	BASICALLY THINK LIFE IS GOOD
EARLY BIRD	BAD TEMPERED	SLOPPY	GOOD APPETITE
DON'T TRUST PEOPLE	QUIET TYPE	BOOKWORM	LIKE IT LOUD
OTHER WORDS THAT DESCRIBE YOU?			

a. What do you enjoy doing?			
b. What is your energy like when you are feeling well?			
High Energy <input type="checkbox"/>	Medium Energy <input type="checkbox"/>	Low Energy <input type="checkbox"/>	
c. Which statement(s) is true for you when you are feeling most like yourself?			
<input type="checkbox"/> I almost always get tired in the mid-afternoon but bounce back in the evening <input type="checkbox"/> I have the most energy in the morning <input type="checkbox"/> I have the most energy in the evening <input type="checkbox"/> Other: _____			
d. I am a morning person:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
e. I am a night owl:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
f. I like to take naps in the daytime:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
g. When I am feeling well I usually sleep about _____ hours a night.			
h. When you are feeling like your normal self, where would you place yourself on this continuum?			
i. In terms of how much you usually talk when you are feeling well, how would you describe yourself:			
<input type="checkbox"/> Very talkative, love to chat <input type="checkbox"/> I'm moderate. I like to talk but usually not for a long time <input type="checkbox"/> I'm the quiet type. I'm more a listener than a talker. <input type="checkbox"/> I keep to myself. I might answer people's questions but rarely begin conversations.			
j. I am shy:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
k. What are some of the things that you really like about yourself?			

b. Room for Improvement

No one is perfect! We all have areas where we would like to grow and improve. Below is a list of things that others have said they would like to change about themselves. Circle the ones that you would like to change about yourself. Use the blank boxes to fill in your own examples of things you'd like to change about yourself:

BE MORE ACTIVE	BE MORE RELIABLE	BE MORE GENEROUS	GET THINGS DONE ON TIME	BE MORE SELF-DISCIPLINED
CONTROL MY TEMPER	BE MORE GRATEFUL	BE A GOOD LISTENER	AVOID GOSSIP	BE MORE HONEST
THINK BEFORE I ACT	STOP COMPARING MYSELF TO OTHERS	BE SATISFIED WITH WHAT I HAVE	STICK WITH THINGS	STOP PUTTING MYSELF DOWN
TRUST OTHERS MORE	PUSH THROUGH MY SHYNESS	LET GO OF GRUDGES	BE MORE PATIENT	WORRY LESS
HAVE A BRIGHTER OUTLOOK	TAKE MORE RISKS	SPEAK UP	STAY IN TOUCH	ACCEPT RESPONSIBILITY
OTHER WAYS TO IMPROVE				

If you could change two things about yourself, what would the new you be like?

1.

2.

c. Part C

Now that you have answered these questions, take a moment to look over what you wrote. In the space provided below, write a short summary of what you are like when you are feeling well, thinking about the answers you gave above. Remember, nobody is perfect! Include the good and not-so-good aspects of yourself in your description.

A Description of Me When I Am Doing Well:

(Use more paper if you want)

Your description of yourself when you are feeling well is important because it describes YOU! You are a unique and valuable individual. It is important to let your psychiatrist – actually, everyone on your team - know what you are like as an individual. Consider reading your description of yourself to your psychiatrist. Together you can work to insure that psychiatric medications support the things that make you unique and support you getting the life you want.

1. What are your hopes about what medication will do for you?

2. What are your fears about how medication might change you?
3. Does the medication seem to be having effects that you like?
4. Does the medication seem to be having effects that you don't like?

Take care of your symptoms so that you can be YOU!