



**Step 1:** Review the list of medication challenges. Place a check next to the challenge(s) that is closest to what you are experiencing. It's OK to choose more than one.

**Step 2:** Watch the video(s) that has the same title as your challenge. If you selected more than one challenge, circle the one that is most important to you and watch that video first.

**Step 3:** If you do not experience one of the challenges in the list below, use the space at the bottom to describe your experience in your own words.

## Medication Challenges

☐ **I like to get high**

I like to get high instead of using meds or in addition to meds. I'm not ready to quit using drugs or alcohol.

☐ **I'm not sure meds are working**

I'm not sure if meds are helping me or I feel meds are not helping me.

☐ **I have side effects**

Side effects are getting in the way of important things in my life.

☐ **I'm concerned about how meds might affect my health**

Meds are, or might be, making me unhealthy. Is it safe to get pregnant? I've heard these meds can cause health issues.

☐ **I'm not motivated to take meds**

I haven't found my own, unique personal motivation to use medicine. My family or friends want me to take meds but I don't want to.

☐ **I'm questioning meds**

I'm exploring whether I can reduce or stop taking medicine. I have heard about people who are using cultural traditions or holistic health approaches instead of taking meds.

☐ **Meds have changed me in ways I don't like**

Meds make me feel like a zombie. I've gained weight on meds. Meds are for crazy people and I'm not crazy. Meds are a crutch. I've heard I should just pray more.

☐ **I'm overmedicated and tired of taking meds**

I have been on too many different meds that don't seem to help. I'm on too heavy a dose of meds. I'm so overmedicated I can't keep up with my life.

☐ **Sometimes it's hard to trust a white doctor**

I have felt profiled by a white doctor. I find it hard to trust what my doctor recommends for me.

**My Words for my experience:**



# The Blank Challenge Worksheet

There are many challenges on the journey to use medications to get the life we want. Use this worksheet to customize your own challenge and make a plan for working through it.

**The challenge I experience:** *(e.g. I'm OK with taking meds, but my family doesn't want me to take meds.)*

**How this challenge interferes with the life I want:** *(e.g. My challenge interferes with a positive relationship with my family.)*

**Things I have tried:** *(e.g. I've talked to my family about how meds help me but they say I don't need them anymore.)*

**Brainstorm ideas that might help you move through this challenge with using meds. Consider asking a member of your team to help you brainstorm ideas.** *(e.g. My doctor could meet with me and my family to explain how meds are helping me; when my sister comes home from college, I could ask her to talk with my parents; I could ask the pastor at my church to talk with my parents.)*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**My plan:** *(e.g. I will get support from my peer specialist to keep track of how I am doing on my meds. Then I will share what I've learned with my family.)*