



# Finding Personal Motivation to Use Psych Meds

These five tips can help us find our personal motivation for using meds:

1. Make sure the medication is helpful. It only makes sense to get motivated to take medicine that is helping.
2. Put a timeframe around using meds. Nobody knows for sure if we will have to use medicine for the rest of our lives. Say to yourself: *FOR RIGHT NOW, I am using medication that is helpful to me.*
3. Stop judging ourselves harshly. Taking medicine does not mean we are crazy. It does not make us a good person or a bad person, a weak person or a strong person. It's just a tool.
4. Identify the things mental health challenges are interfering with.
5. It can be helpful to take a picture of our personal motivators and tape them to our pill bottle(s). Each time we take the pill, we can say *this one is for* \_\_\_\_\_ and add our personal motivator.

Use the plan below to find your personal motivation to use psych meds and make a plan to stay motivated.



## My Personal Motivators

### Is medicine helpful to you?

- ☐ Yes    ☐ No, I need to talk to my doctor    ☐ I'm not sure

### I will stop judging myself harshly for using meds.

*e.g. Instead of thinking I am weak and shouldn't need meds, I will say I am strong and have made my choice to use meds for now so that I can keep up with my responsibilities.*

**Instead of thinking:**

**I will say:**

\_\_\_\_\_  
\_\_\_\_\_

### List two things your mental health challenges are interfering with *(e.g. my mental health challenge is interfering with keeping a job)*

1. \_\_\_\_\_
2. \_\_\_\_\_

**Review your list above. Each of the things you listed are personal motivators. Add each one to the blank in each sentence below** *(e.g. I am using this medicine so I can keep a job)*

1. I am using this medicine so I can \_\_\_\_\_  
\_\_\_\_\_
2. I am using this medicine so I can \_\_\_\_\_  
\_\_\_\_\_



## My Plan for Staying Motivated

### To stay motivated, I will *(check all that apply)*

- ☐ Tell my doctor or therapist about my personal motivators
- ☐ Tell my family and/or friends about my personal motivators
- ☐ Take pictures of my personal motivators and...
- ☐ Look at the pictures on my phone each time I take meds
- ☐ Keep pictures near my pill bottle(s)
- ☐ Tape the pictures to my pill bottle(s)
- ☐ Set a reminder on my phone to look at pictures of my motivators 3x a day
- ☐ When I take the pill(s), I will say "*this one is for*" and say my personal motivator out loud *(e.g. This one is for keeping my job.)*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_