



It can be challenging to use psychiatric medication consistently, even if it seems to help. Have you ever abruptly gone off medication that is helpful, only to have your life spin off track? One strategy you can use is to send a message to your future self.

Complete this worksheet when you are feeling well and when you can appreciate the good parts of your life. The next time you consider stopping medication, review your message before deciding.

## My Self-Inventory

The medication(s) I find helpful:

| When I use the medication:   | When I go off my medication, eventually:                   |
|--|--|
| <input type="checkbox"/> I feel better                               | <input type="checkbox"/> I go back to the hospital         |
| <input type="checkbox"/> I am able to work                           | <input type="checkbox"/> I lose my job                     |
| <input type="checkbox"/> I get along better with people I care about | <input type="checkbox"/> I stress out my family or friends |
| <input type="checkbox"/> I stay out of trouble with the law          | <input type="checkbox"/> I get arrested                    |
| <input type="checkbox"/> I can pay my bills                          | <input type="checkbox"/> I spend too much money            |
| <input type="checkbox"/> I am able to keep my apartment/home         | <input type="checkbox"/> I engage in dangerous behavior    |
| <input type="checkbox"/> I am able to stay out of the hospital       | <input type="checkbox"/> I hurt myself or attempt suicide  |
| <input type="checkbox"/> I am able to fulfill my responsibilities    | <input type="checkbox"/> I lose custody of my kids         |
| <input type="checkbox"/> I can do the things I enjoy                 | <input type="checkbox"/> I leave school                    |
| <input type="checkbox"/> I use less drugs or alcohol                 | <input type="checkbox"/> I use alcohol or drugs again      |
| <input type="checkbox"/> I feel more hopeful                         | <input type="checkbox"/> I live on the streets             |
| <input type="checkbox"/> My idea:                                    | <input type="checkbox"/> My idea:                          |
| <input type="checkbox"/> My idea:                                    | <input type="checkbox"/> My idea:                          |

## A Message to My Future Self

Next time I am tempted to go off medication with no plan and no support, I will remind myself that:  
(For example: I love my kids. I want to be home with them, not in the hospital.)

In order to remind myself I will:

- ☐ Make a video of me reading my message and keep it on my phone/device.
- ☐ Put my message in a letter to my future self and carry it in my wallet.
- ☐ Create a safe space with pictures and reminders of the things that are important to me.
- ☐ Create a photo album on my phone of the things that are important to me that I don't want to lose.
- ☐ My idea:
- ☐ My idea:

Who will I share my Message with? (For example: my psychiatrist, my family, my peer specialist, my friend):

Do I give permission for them to remind me of my Message? ☐ Yes ☐ No