



# A Message to My Future Self

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:

- I feel better
- I am able to work
- I get along better with people I care about
- I stay out of trouble with the law
- I can pay my bills
- I am able to keep my apartment/home
- I am able to stay out of the hospital
- I am able to fulfill my responsibilities
- I can do the things I enjoy
- I use less drugs or alcohol
- I feel more hopeful
- My idea:
- My idea:

#### When I go off my medication, eventually:

- I go back to the hospital
- I lose my job
- I stress out my family or friends
- I get arrested
- I spend too much money
- I engage in dangerous behavior
- I hurt myself or attempt suicide
- I lose custody of my kids
- I leave school
- I use alcohol or drugs again
- I live on the streets
- My idea:
- 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