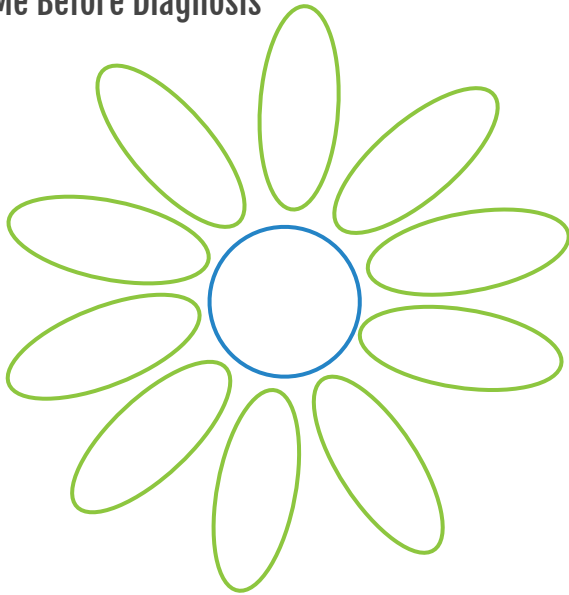




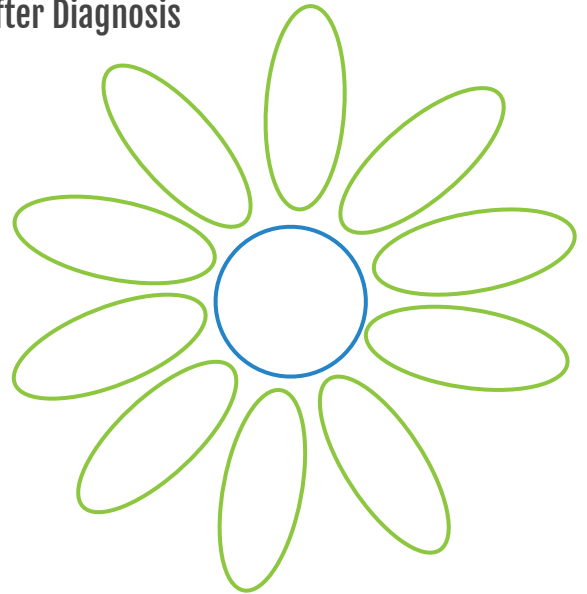
Our diagnosis does not define us. Our mental health challenge is just one aspect of who we are. In this worksheet, you will have a chance to explore YOU before, and after, being diagnosed with a mental health challenge. Let the flower be a symbol of you.

- Step 1:** Put your name in the center of each flower.
- Step 2:** Fill in the important things about who you were as a person BEFORE diagnosis. You might include examples of your talents, interests, spirituality, family, culture, your hopes and dreams, etc.
- Step 3:** What, if anything, has changed about you since diagnosis? Are there new things you want to add to your petals? Are there petals that no longer belong after diagnosis?
- Step 4:** Take a look at what changed for you before and after diagnosis to create your flower story.

## Me Before Diagnosis



## Me After Diagnosis



## My Flower Story

### Summarize what's the same and what's different now that you have a mental health diagnosis


*Example: I used to think I was invincible and that only weak people had problems. Now I am more compassionate. I'm even thinking about getting a job helping other people who experience challenges like I do.*

## My Plan for Using My Flower Story

### I will *(check all that apply)*

- ☐ Share my flower story with \_\_\_\_\_.
- ☐ Take a photo of my flowers and store them on my phone to remind me of how far I have come.
- ☐ Cut out my flower story and post it in a prominent place to remind me of what I have accomplished.
- ☐ Create my own art, music or video to express and celebrate who I am today.
- ☐ Look at my card and remember my worth if I encounter stigma.
- ☐ Other: \_\_\_\_\_





**My dreams are the stars that  
guide my journey of recovery.**

**I will trust my dreams to lead me.**

Pat Deegan





**I am a person,  
not an illness**

Pat Deegan



<https://www.patdeegan.com>



A chain-link fence is visible in the foreground, creating a diamond-shaped grid pattern. Behind the fence, a bright blue sky with scattered white clouds is visible. Numerous birds are seen in flight, scattered across the sky. The overall scene conveys a sense of freedom and hope.

# I will live my life, not my diagnosis.

Pat Deegan



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