



I Am a Person, Not an Illness

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.

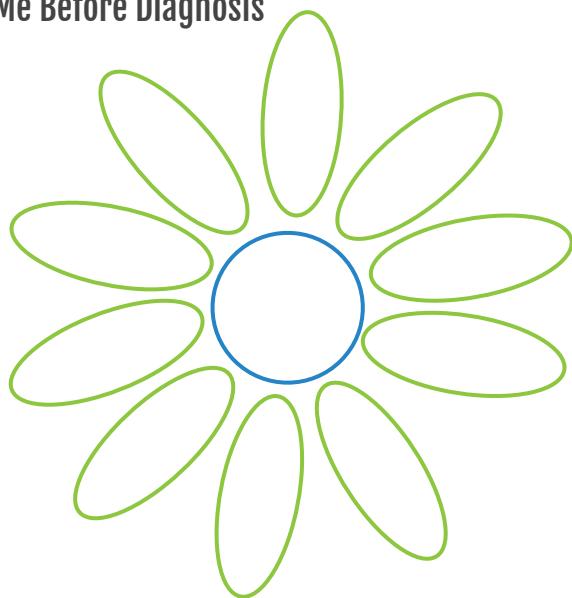
Step 1: Put your name in the center of each flower.

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.

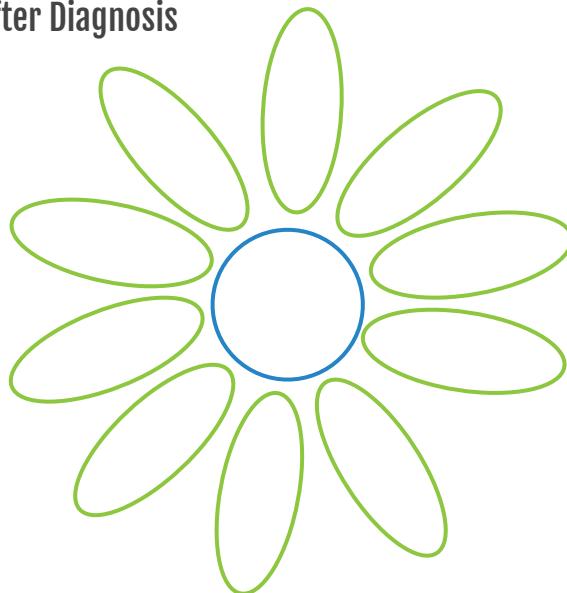
Step 3: What, if anything, has changed about you since diagnosis? Are there new things you want to add to your petals? Are there petals that no longer belong after diagnosis?

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

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not an illness**

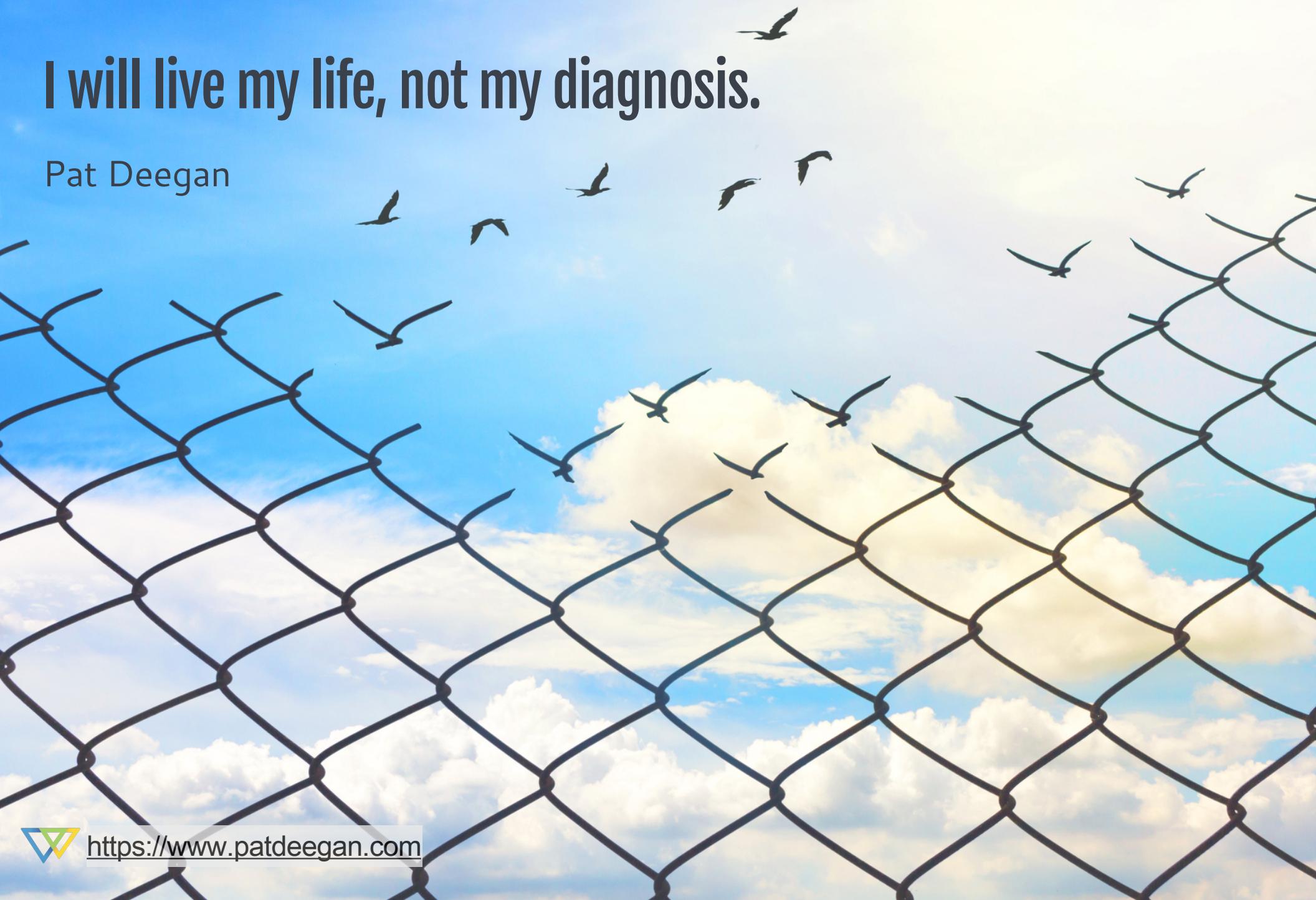
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I will live my life, not my diagnosis.

Pat Deegan



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