



# Balancing My Beliefs and Values

It can be challenging if medication is helpful but we don't believe in using it. In this exercise, you will have a chance to make sure that your beliefs about taking medicine are in harmony with your values. Beliefs are assumptions that come from family and culture. Values are the principles by which we live our lives. Values might include freedom, honesty, supporting my family or finishing my education.

Below are some common beliefs about psych meds and a list of values. Put a check next to any of the beliefs and values you have. It's okay to choose more than one. There is space to use your own words as well.

## Common beliefs about psych meds

- ☐ I believe psych meds are a crutch
- ☐ I don't believe I have a mental illness and I don't need meds
- ☐ I believe my pastor when he says, if I prayed more I wouldn't need meds
- ☐ I believe using meds is a sign of weakness. I should be able to do it on my own
- ☐ I agree with my family or friends when they say I shouldn't take meds
- ☐ I have learned at my 12-step group (or other support group) that I should not be using meds
- ☐ In my culture, we don't believe in using psych meds
- ☐ My own words:

## The values I live by

- |   |  |
|---|--|
| <input type="checkbox"/> Supporting my family           | <input type="checkbox"/> My volunteer work           |
| <input type="checkbox"/> Staying healthy                | <input type="checkbox"/> Being a law abiding citizen |
| <input type="checkbox"/> Freedom                        | <input type="checkbox"/> Driving safely              |
| <input type="checkbox"/> Being there for my friends     | <input type="checkbox"/> Being kind                  |
| <input type="checkbox"/> Working to support myself      | <input type="checkbox"/> Improving myself            |
| <input type="checkbox"/> My faith                       | <input type="checkbox"/> Being dependable            |
| <input type="checkbox"/> Finishing school               | <input type="checkbox"/> I value:                    |
| <input type="checkbox"/> Giving to others               | <input type="checkbox"/> I value:                    |
| <input type="checkbox"/> Being the best person I can be | <input type="checkbox"/> I value:                    |

## Do my beliefs about psych meds interfere with staying true to my values?

Take a moment to think about what has happened when you've gone off psych meds in the past. Were you still able to live in harmony with your values? Were you still the person you wanted to be? *(Example: One time I went off psych meds because I believed that meds were a crutch. I got agitated and shouted at a cashier. She got frightened and called the cops. I am not a violent person. I try to be kind. I felt really bad I frightened the cashier.)*

## Is there harmony between my beliefs about psych meds and my values?

☐ Yes ☐ No ☐ I'm not sure

## My plan for balancing my beliefs about psych meds and my values

Write what you can do to balance your beliefs about psych meds and your values. *(Example: I still don't believe that I am mentally ill. But I don't want to frighten people. I will ask my doctor if meds can help me be more in control of my emotions.)*