



Exploring a Different Perspective

Sometimes we feel medication is not working. But someone who cares about us, like a family member, might say the meds are helping. The opposite can happen too. We may think the meds are helping, but our supporter has a different perspective.

Here are two examples:

- *My mom likes it when I take the meds. She says the meds make me calmer and easier to be around. But I don't think the meds are helping me at all. They just make me tired.*
- *I think the meds are helping me because I can concentrate better and laugh more. But my husband says the meds are putting me on edge and making me more irritable.*

It can be helpful to explore the perspective of people who care about us, even if their perspective is different than ours. That's because we all have blind spots. Blind spots happen when others observe something we don't see about ourselves. If we take time to explore other perspectives on how meds are helping or not helping, we can learn and grow from that. After exploring other perspectives, we can make a better decision about how to move forward.

Below, explore your perspective of how meds are and ARE NOT helping you. Then ask a trusted supporter to share their perspective. Compare both perspectives and determine your next steps.



Exploring Perspectives

How I see meds helping me:

How I see meds NOT helping me:

How my supporter sees meds helping me:

How my supporter sees meds NOT helping me:

Comparing Perspectives



Comparing perspectives: Compare your perspective with the perspective of your supporter. Is there anything you can learn from this new perspective?

My next steps:

- ☐ I want to have a deeper conversation with this supporter
- ☐ I want to talk with a different supporter and get their perspective
- ☐ I want to talk to my doctor about these perspectives
- ☐ I want to take a week to track if I can see what my supporter sees
- ☐ _____
- ☐ _____
- ☐ _____