



Psychiatric medications can change how we experience ourselves. Some of the changes may feel good. However, sometimes meds change us in ways that make it difficult or impossible to do the things that matter most to us. For instance, you might be a person who creates beautiful art, but meds have interfered with your creativity. This worksheet will help you tell your team what is unique about you and what you don't want medicine to change.

In the space below, write a short summary of what's unique about you. What are the things you like to do? Are you outgoing or more quiet? Are you a morning person or a night owl? If you like, you can also add a song lyric, a movie, or other piece of art that will help your team know YOU as a unique individual.

**My Description of ME**



### What were my hopes about what meds could do for me?

*(Example: I hoped meds would help calm my bad temper so I can be a better mom.)*

**My words:**

### What are my concerns about how meds have changed me or might change me?

*(Example: I am concerned because meds make me so tired, I can't keep up with my kids.)*

**My words:**

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### My Plan for Sharing with My Team

**I will share my description of ME and how meds have changed ME with my team: (check all that apply)**

- I will give it to:
  - My therapist
  - My peer specialist
  - My doctor
  - Other: \_\_\_\_\_
- How will I share it?:
  - I will take a picture of my worksheet on my phone and text it
  - I will email it
  - I will ask a supporter to come with me when I read it
  - I will ask a supporter to read it for me
  - I want it included in my medical record
  - I will let my team read it ahead of time and then we can talk about it
  - Other: \_\_\_\_\_