

**Personal Medicine and Power Statement Worksheet**

*Personal medicine are the things you do that make you feel good about yourself and your life<sup>1</sup>. Laughter, fishing, working, taking care of your kids, exercising, helping others, gardening, going to church and cooking are all examples of personal medicine. Just like pill medicine, personal medicine has essential active ingredients. For example a walk may improve your mood or doing cross word puzzles may increase your self-esteem or make you feel confident and in control. This worksheet is intended to help you communicate information about your personal medicine to your psychiatrist. You may choose to complete this worksheet by yourself, or you may find it helpful to complete it with someone you trust such as a peer, friend, advocate, family member, casemanager or therapist. Directions: Fill in your answers in the boxes provided:*

The things I do that make my life worth living are:

Example: Being a good mom; worship and fellowship at my church; etc.
How does this help you? (Essential active ingredient)

The things that make me feel good about being me are:

Example: Making people feel appreciated; getting my housework done; etc.
How does this help you? (Essential active ingredient)

The things I most enjoy in my day or week are:

Example: Volunteering at the library; going to dinner with my friends on Thursday night; etc.
How does this help you? (Essential active ingredient)

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<sup>1</sup> Personal medicine is NOT a combination of over the counter pills, vitamins, herbal remedies or street drugs! Check with your doctor before using any types of pill medicine.

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When I'm feeling unwell, the things I do that help me feel better are:

Example: Taking a walk; drink coffee; call a friend; etc.

How does this help you? (Essential active ingredient)

If you were to photograph the things you enjoy in your life, what would you take pictures of?

Example: I would take a picture of me fishing; of me and my cat; of my car all polished up; etc.

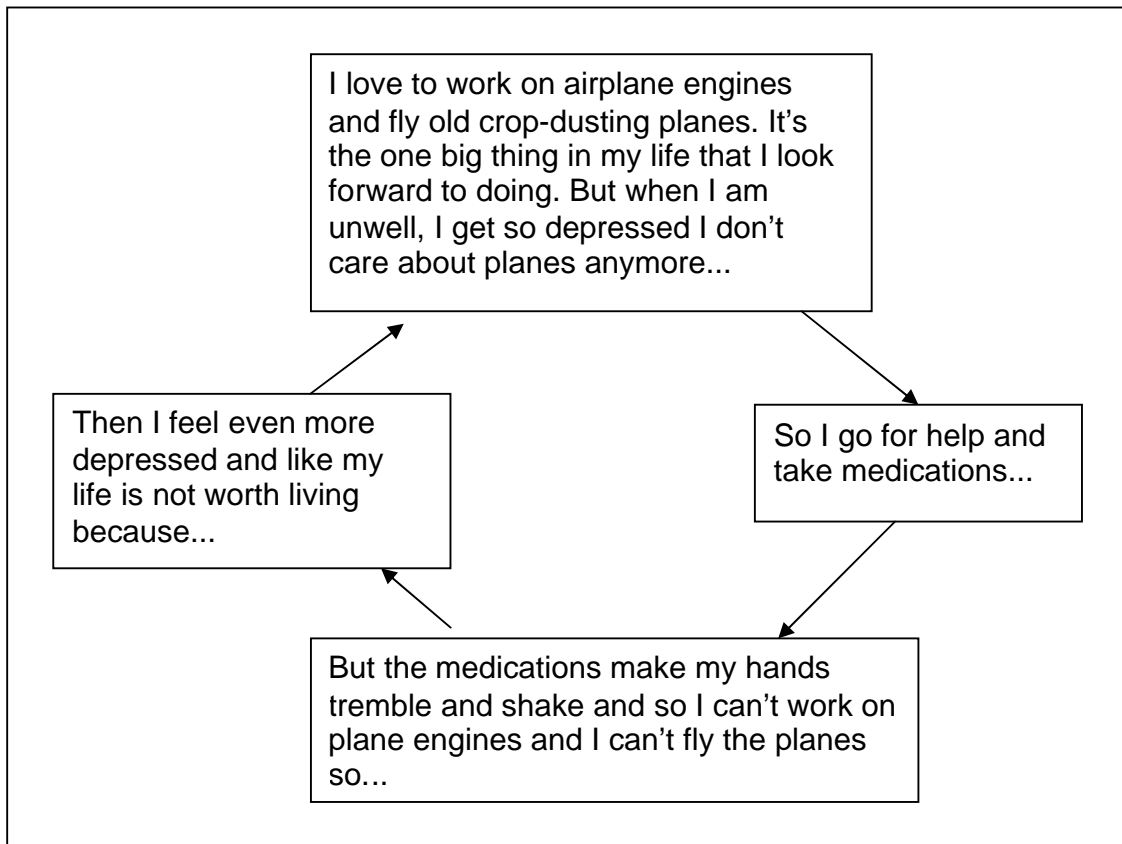
How does this help you? (Essential active ingredient)

*The answers you gave above are your personal medicine and the essential active ingredients of your personal medicine. List your personal medicine and its essential active ingredient in order of importance to you.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

*Sometimes psychiatric medications can interfere with personal medicine or the things that give your life meaning and purpose. For instance, John's favorite hobby was flying planes. Flying planes raised his self-esteem and boosted his confidence. However psychiatric medications made John's hands shake so badly that he could not fly safely. When he could no longer be a pilot, John's self-esteem and confidence went down, and this made him even more depressed. John's dilemma is illustrated below. Review it:*

### **When Psychiatric Medicine Interferes with Personal Medicine A Pilot's Dilemma**



*Can you relate to the experience of psychiatric medicine interfering with your personal medicine? Do the psychiatric medications you are currently using interfere with your personal medicine? Please describe:*

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*Discuss the following statement with your friend, peer, or trusted staff person.  
Do you agree or disagree?*

**Affirmation**

It is unacceptable for psychiatric medication(s) to interfere with my personal medicine or the things that give my life purpose and meaning. I will advocate for myself!

*One of the ways you can effectively advocate for yourself when you meet with your psychiatrist, is to develop power statements. Power statements are strong statements that keep you in charge of your recovery. Power statements emphasize the idea that you have a life and that psychiatric medications should not stop you from living your life. Psychiatric medications should support you in living your life! Below are two examples of power statements. Personalize these statements by filling in the blanks with information that is about you.*

**Power Statement: Example 1** - Being a good mom is the most important thing in my life and is vital to my recovery. I am not willing to sacrifice being a good mom to clinical depression OR to medication side effects. You and I must work together to find a medication that does not interfere with my ability to be a good mother.

**Your Power Statement:** \_\_\_\_\_ (write your personal medicine; something you do that gives your life meaning and purpose) is the most important thing in my life and is vital to my recovery. I am not willing to sacrifice \_\_\_\_\_ (your personal medicine) to \_\_\_\_\_ (your diagnosis) OR to unwanted medication effects. You and I must work together to find a medication that does not interfere with my ability to \_\_\_\_\_ (your personal medicine).

**Power Statement: Example 2 – Singing lifts me up and gives my life meaning. Singing is part of how I stay well. I need to sing to recover. Singing is powerful personal medicine for me. I want to work with you to find a medication and dosage that does not interfere with my singing.**

**Your Power Statement:** \_\_\_\_\_ (your personal medicine and what it does for you) and gives my life purpose and meaning. \_\_\_\_\_ (your personal medicine) is part of how I stay well. I need to \_\_\_\_\_ (your personal medicine) in order to recover. \_\_\_\_\_ (your personal medicine) is powerful personal medicine for me. I want to work with you to find a medication and dosage that does not interfere with \_\_\_\_\_ (your personal medicine).

*If you like, rework these power statements until they feel right to you:*

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*Say your power statement out loud. How does it sound? Does it feel different than how you usually speak when you are with your psychiatrist or nurse practitioner? If yes, how so? If you like, rehearse saying your power statement with a friend, advocate, family member, casemanager, or therapist.*

*Do you think you will use your power statement with your psychiatrist at some time? \_\_\_Yes \_\_\_No \_\_\_Not Sure*

*How do you think your psychiatrist will react if you present your power statement during a meeting? Check all that apply:*

- He/she will like it
- He/she will be annoyed or angry with me
- He/she will see it as a good thing
- He/she will see it as a sign that I'm becoming empowered
- He/she will listen and then go on about things as usual
- Basically I think he/she will ignore my power statements
- I think he/she may be threatened by my power statements
- He/she will ask me questions about my power statement and will want to more
- Other responses?

*Here are some possible ways to present your power statement to your psychiatrist. Check the one that feels right to you:*

- Memorize my power statement and say it directly to my psychiatrist
- Write my power statement down and let my psychiatrist read it
- Write my power statement down and I will read it to my psychiatrist
- Write my power statement down and ask my friend or advocate to read it to my psychiatrist when I am present
- Other ideas:

*When would be good time to try out your power statement with your psychiatrist or nurse practitioner? What is your plan?*

My Plan:
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