



In your past, have you learned a lesson about taking medicine? For example, have you ever gone off medicine that is truly helpful to you, only to have a lot of things go wrong in your life? If so, you might want to send a message to your future self. Your message can be a video you create on your phone, a letter you write to yourself and keep some place special, photos of things that matter to you, or anything else that will help to remind you of the lessons you have learned about medicine and what matters in your life.

Complete this worksheet when you are feeling well and when you can appreciate the good parts of your life. The next time you consider stopping medicine, review your Message before deciding.

My Self Inventory

The medicine I find helpful is:

When I use the medicine:

- I feel better
- I am able to work
- I get along better with people I care about
- I stay out of trouble with the law
- I can pay my bills
- I am able to keep my apartment/home
- I am able to stay out of the hospital
- I am able to fulfill my responsibilities
- I can do the things I enjoy
- I use less drugs or alcohol
- I feel more hopeful
- My idea:
- My idea:

When I go off the medicine, eventually:

- I go back to the hospital
- I lose my job
- I stress out my family or friends
- I get arrested
- I spend too much money
- I engage in dangerous behavior
- I hurt myself or try to kill myself
- I lose custody of my kids
- I leave school
- I use alcohol or drugs
- I live on the streets
- My idea:
- My idea:

A Message to My Future Self:

Next time I am tempted to go off meds with no plan and no support, I will remind myself that:
(Example: I love my kids. I want to be home with them, not in the hospital.)

In order to remind myself I will:

- Make a video of me reading my message and keep it on my phone/device.
- Put my message in a letter to my future self and carry it in my wallet.
- Fill a box with pictures and little reminders of the things that are important to me.
- Create a photo album on my phone of the things that are important to me and that I don't want to lose.

Who will I share my Message with?

(Example: my psychiatrist, my family, my peer supporter)

Do I give permission for them to remind me of my Message? Yes No