



Step 1: Review the list of medication challenges. Place a check next to the challenge(s) that is closest to what you are experiencing. It's OK to choose more than one.

Step 2: Watch the video(s) that has the same title as your challenge. If you selected more than one challenge, circle the one that is most important to you and watch that video first.

Step 3: If you do not experience one of the challenges in the list below, use the space at the bottom to describe your experience in your own words.

Medication Challenges

I like to get high

I like to get high instead of using meds or in addition to meds. I'm not ready to quit using drugs or alcohol.

I'm not sure meds are working

I'm not sure if meds are helping me or I feel meds are not helping me.

I have side effects

Side effects are getting in the way of important things in my life.

I'm concerned about how meds might affect my health

Meds are, or might be, making me unhealthy. Is it safe to get pregnant? I've heard these meds can cause health issues.

I'm not motivated to take meds

I haven't found my own, unique personal motivation to use medicine. My family or friends want me to take meds but I don't want to.

I'm questioning meds

I'm exploring whether I can reduce or stop taking medicine. I have heard about people who are using cultural traditions or holistic health approaches instead of taking meds.

Meds have changed me in ways I don't like

Meds make me feel like a zombie. I've gained weight on meds. Meds are for crazy people and I'm not crazy. Meds are a crutch. I've heard I should just pray more.

I'm overmedicated and tired of taking meds

I have been on too many different meds that don't seem to help. I'm on too heavy a dose of meds. I'm so overmedicated I can't keep up with my life.

Sometimes it's hard to trust a white doctor

I have felt profiled by a white doctor. I find it hard to trust what my doctor recommends for me.

My Words for my experience: