Finding Personal Motivation to Use Psych Meds

These five tips can help us find our personal motivation for using meds:

1. Make sure the medication is helpful. It only makes sense to get motivated to take medicine that is helping.
2. Put a timeframe around using meds. Nobody knows for sure if we will have to use medicine for the rest of our lives. Say to yourself: *FOR RIGHT NOW, I am using medication that is helpful to me.*
3. Stop judging ourselves harshly. Taking medicine does not mean we are crazy. It does not make us a good person or a bad person, a weak person or a strong person. It's just a tool.
4. Identify the things mental health challenges are interfering with.
5. It can be helpful to take a picture of our personal motivators and tape them to our pill bottle(s). Each time we take the pill, we can say t*his one is for* _____ and add our personal motivator.

My Personal Motivators

Is medicine helpful to you?

☐ Yes ☐ No, I need to talk to my doctor ☐ I'm not sure

I will stop judging myself harshly for using meds.

e.g. Instead of thinking *I am weak and shouldn't need meds,* I will say *I am strong and have made my choice to use meds for now so that I can keep up with my responsibilities.*

Instead of thinking: **I will say:**

_____   _____

_____   _____

List two things your mental health challenges are interfering with? *(e.g. my mental health challenge is interfering with keeping a job)*

1. _____

2. _____

Review your list above. Each of the things you listed are personal motivators. Add each one to the blank in each sentence below *(e.g. I am using this medicine so I can keep a job)*

1. I am using this medicine so I can _____
   _____

2. I am using this medicine so I can _____
   _____

My Plan for Staying Motivated

To stay motivated, I will *(check all that apply)*

☐ Tell my doctor or therapist about my personal motivators

☐ Tell my family and/or friends about my personal motivators

☐ Take pictures of my personal motivators and...

  ☐ Look at the pictures on my phone each time I take meds

  ☐ Keep pictures near my pill bottle(s)

  ☐ Tape the pictures to my pill bottle(s)

  ☐ Set a reminder on my phone to look at pictures of my motivators 3x a day

☐ When I take the pill(s), I will say "*this one is for*" and say my personal motivator out loud *(e.g. This one is for keeping my job.)*

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

fold