

Personal Medicine Worksheet

Name: _____ Date: _____

Personal Medicine is an activity that someone does because it helps them feel better or increases their “wellness”. Personal Medicine can be things like:

- Working • Being a good parent • Gardening • Fishing • Laughing • Going to church

When we talk about Personal Medicine, we are not talking about pill medicine that is prescribed by a Doctor and we are not talking about over-the-counter pills, vitamins, herbal remedies or street drugs. Personal Medicine is about things you do, not something you take. Personal Medicine is personal. It’s the things you do that help *you* feel good about *yourself and your life*. Just like pill medicine, Personal Medicine has an “essential” ingredient – the thing that makes it work for you. For example* a walk may improve your mood – so, **walking** is Personal Medicine and **improved mood** is how it helps (essential ingredient).

This worksheet is intended to help you identify your personal medicine and how it helps. Fill in the chart below with activities that work for you. Read the example below and then fill in your answers:

Personal Medicine		How Does it Help?
*SAMPLE Something I do to feel better:	Walking	Improves my mood
Something I do to feel better:		
Something I do that makes my life meaningful:		
Something I do that helps me feel good about being me:		
Something I enjoy doing on a daily basis:		
Something I do that helps me when I feel bad:		
The most important thing in my life is:		

The answers you gave above are your Personal Medicines or the activities you do to be well. You have also named what it is about these activities that make them work for you.

Now, from the list above, choose the three items that feel most important to you. The items you select will be added to your CommonGround Report on the computer.

My Top 3	Personal Medicine	Essential Ingredient
# 1		
# 2		
# 3		

My pill medicine: _____

My personal medicine: _____

Personal Medicine Calendar Worksheet for the Month of :

How will you know if you are feeling better?				Your rating: 1 – Feeling better 2 - No change 3 – Feeling worse	1 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	2 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____
3 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	4 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	5 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	6 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	7 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	8 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	9 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____
10 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	11 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	12 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	13 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	14 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	15 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	16 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____
17 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	18 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	19 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	20 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	21 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	22 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	23 1 – 2 - 3 Used pill medicine _____ Used personal
24 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	25 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	26 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	27 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	28 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	29 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____	30 1 – 2 - 3 Used pill medicine _____ Used personal medicine _____

Recovery Affirmation:
I will live my LIFE, not my DIAGNOSIS