

# Exploring Your Beliefs

Worksheet

Think about **your personal beliefs (positive and negative) about medication**. These beliefs can be influenced by things like family, culture, and personal experiences. It can help to be aware of and understand your beliefs.

**Go through the statements below and mark whether you agree or disagree. Talk with your treatment team about why or why not.**



Statement	 Agree	 Disagree
I understand how medication is likely to help me.		
I don't need to take medication once I feel better.		
For me, the good things about medication outweigh the bad.		
I am worried about the impact of side effects.		
In my culture, taking medication is frowned upon.		
Medications have not helped me in the past.		
It is too hard to remember to take all my medications.		
When my family, loved ones, or members of my treatment team want to be involved in my medication, it's because they are concerned about me.		
I don't need medication to deal with my mental health condition.		
Medication can help me achieve my goals.		
It is embarrassing to take medication.		
Other:		