The relationship you have with your doctor or psychiatrist is important in your recovery journey, because together you can find medication and treatment options that reflect what you want and need, work for you, and support your recovery plan and goals.

Go through this worksheet by yourself or with a member of your treatment team to prepare for your next doctor appointment.

Think About What Is Important to You

What is important to me in my life? What are my goals?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How can medications or supportive treatments help me get or keep these things?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Do medications or supportive treatments ever get in the way of things in my life? If so, how?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Preparing for a Doctor Visit

Think About What You Want to Discuss

Let your doctor know about changes in symptoms, mood, or behaviors you may be experiencing or any questions or concerns you may have.

I want to discuss ____________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

How I’ve been feeling since my last appointment:

☐ Better  ☐ Same  ☐ Worse

Explain ____________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

New or recurring symptoms I am experiencing: ____________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Think about:

What is working for me _______________________________________________________

__________________________________________________________________________

__________________________________________________________________________

What is not working for me ___________________________________________________

__________________________________________________________________________

__________________________________________________________________________

What I’d like to consider changing ____________________________________________

__________________________________________________________________________

Getting support:

Who do I want to bring to my appointment?  How can he or she help me?

(Ex: take me to appointment, take notes)

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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Sample Questions for the Doctor

Going to your appointment with a list of questions you can ask or hand to your doctor can help make the most of the limited time you may have with the doctor. These questions can help you begin conversations about issues that may be important to you and your recovery, such as your overall wellness, medications, and supportive treatments.

Check or write in questions you may want to ask and bring the list to your appointment.

About My Overall Wellness:

☐ What can I do to help improve my overall health?
☐ How often should I see my primary care doctor?
☐ How much exercise should I do?
☐ What tests should I have regularly?
☐ Other ____________________________

☐ What are some ways I can begin to eat healthier?
☐ How can I better manage my stress?
☐ What can I do to quit smoking?
☐ What are other ways I can stay healthy?
☐ Other ____________________________

About My Mental Health Medications:

☐ How can medication help me reach my goals?
☐ Are there different ways to take my medication, such as pills or long-acting injections?
☐ Are there medications options with less frequent dosing schedules?
☐ Other ____________________________

☐ How do I know if the dosage should be changed or the medication should be stopped?
☐ What are the side effects?
☐ How long will it take to start working?
☐ Other ____________________________

About Supportive Treatments:

☐ What kinds of treatments/services are available?
☐ What can I do to get supportive housing?
☐ What is psychotherapy and how can it help me?
☐ Other ____________________________

☐ How can supportive treatments help me achieve my goals?
☐ Can you tell me more about peer support?
☐ What can a case manager do to support my recovery journey?
☐ Other ____________________________

For more information and free recovery resources, visit www.ChoicesInRecovery.com