

Medication Thoughts and Strategies

It may be helpful to talk with your doctor or other treatment team member about the way you think about medication.

Write down beliefs you have and consider new ways of thinking about the issue. If helpful, go through the worksheet with a member of your treatment team.

Belief About Medication	Possible New Thoughts	Who Can Help?
Example: It is too hard to remember to take all my medications	I can set an alarm on my phone or in my calendar to help me remember	
	I can simplify my medication schedule	My doctor

Below are strategies to help you stay on track with your medication, so you can get the best results. Check the strategies you have tried or would like to try.

Strategy	I Have Used This Strategy	I Want to Try This Strategy
Simplify your medication schedule.		
Talk to your doctor about medication options with less frequent dosing schedules.		
Schedule medication into your daily routine.		
Think about the benefits of medication.		
Use cues and reminders (notes, alarms, calendars, computer/ phone apps).		
Ask people in your support network for help remembering.		
Other:		

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