Writing Your Power Statement
(To be completed after the Personal Medicine Worksheet)

Name: __________________________________________Date: __________________________

Being a self-advocate and telling your doctor how you want psychiatric medicine to help can be a challenge. A Power Statement can help you be very clear with your doctor about your goal for using psychiatric medicine. After reviewing the examples below, complete Template 1 and/or Template 2 in order to write your Power Statement.

Here are two examples of excellent Power Statements that other people have written.

“Working as a mechanic is very important to me. It makes me happy to get paid, to support my family and to fix car engines. I want to work with you to find a medication and dosage that does not make my hands shake and that helps keep my mind off my worries and on the engines I am fixing.”

“Being a good mother and keeping a relationship with my daughter while she is in foster care is VERY important to me! I want you to work with me to find medication that will allow me to stay alert and focused so I can control my temper, focus on being a good mom and regain custody of my daughter.”

Template 1: Introduce yourself to your doctor as a person, not a patient:

______________________________________________________________

Say how you want medicine to help you:

______________________________________________________________

Invite your doctor to collaborate on finding medicine to support your recovery goal(s):

______________________________________________________________

Template 2: Another way to write a Power Statement is to use the form below. You can use the “Power Statement Cheat Sheet” to give you ideas about how to fill in the blanks.

(Write a sentence about your Personal Medicine or what is important in your life) ____________________________

______________________________________________________________

I want to work together with you to find a medicine that will help me ____________________________ so that I can ____________________________.

Use the space below to write the final draft of your Power Statement and share it with your doctor or nurse!

My Power Statement

______________________________________________________________

Does Your Power Statement Meet CommonGround ™ Fidelity Standards?

1. Does it introduce you to your doctor as a unique individual rather than just a patient? □Yes □No
2. Does it express how you want psychiatric medicine to help? □Yes □No
3. Does it invite your doctor or nurse to work with you on your recovery goal? □Yes □No

If you answered “No” to any of these questions, revise your Power Statement so it will be most effective!