Understanding My Experience - Concept brief

Understand the idea behind understanding my experience and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants clearer information about recurring concentration difficulties.

The idea

Learning about mental health concerns can support agency without reducing a person to a diagnosis.

An ordinary example

Casey wants clearer information about recurring concentration difficulties.

What this can look like

Separate experiences you notice, explanations offered by providers, and questions you still want answered.

Check the fit

What would you like explained in your own language? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What would you like explained in your own language?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A02-1