Understanding My Experience - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Learning about mental health concerns can support agency without reducing a person to a diagnosis.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What would you like explained in your own language?

4. An optional next step, support, adaptation, or reason to stop:

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-A02-2