My Treatment Preferences - Practice worksheet

List desired benefits, concerns, preferences, and practical barriers to discuss with the care team.

Adults; supported use as appropriate | 15 minutes

Fictional example: Casey wants treatment that fits work hours and cultural preferences.

Use an ordinary or fictional example, with a clinician when appropriate. Treatment planning benefits from the person's priorities and informed questions.

Practice task

List desired benefits, concerns, preferences, and practical barriers to discuss with the care team.

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

2. My response to the practice task above:

3. What tradeoff or concern needs a clearer conversation?

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-A04-2