My Treatment Preferences - Review journal

Review an attempt at my treatment preferences and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What tradeoff or concern needs a clearer conversation? My optional adjustment or support request:

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-A04-5