

Medication & Its Impact

Check off all the entries that apply to you. The point of this exercise is to help you see that although you have likely had a few positive experiences when you were off medications, the negative experiences outweigh the supposed good. Continue to add to this list as you discover more impact items.

Life before Medication		Life after Medication	
	Relationship Problems		Greater Stability
	Lots of Crying		Fewer Worries
	Unhappiness		Better able to connect with people
	Recklessness		Ability to work and support self
	Craving constant change		Worrying about being dulled by medications
	Spending issues		Ability to live life again
	Inability to work effectively		Less anxiety
	Bombardment with too many ideas		No longer hearing voices
	Dangerous behavior		Worrying about being less creative
	Inability to stay in one place or stick with one thing		Ability to think about one thing at a time
	Racing thoughts that don't stop		Dealing with side effects
	Constant irritability		Maintaining employment
	Expanded creativity		Improved relationships (fewer lost)
	Excessive anxiousness		Being told that others find it easier to be around you
	Ability to work abnormally long hours when manic		Wondering if this is the "real" you
	Inconsistent parenting		Wondering if the medications are changing your personality.
	Inconsistent reactions to life events		Less destructive behavior – for instance, drinking less
	Increased substance abuse		
	Legal concerns		

Taken From: Take Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability, Fast & Preston, 2006)

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