

Writing Your Power Statement

(To be completed after the Personal Medicine Worksheet)



Name: _____

Date: _____

Being a self-advocate and telling your doctor how you want psychiatric medicine to help can be a challenge. A Power Statement can help you be very clear with your doctor about your goal for using psychiatric medicine. After reviewing the examples below, complete Template 1 and/or Template 2 in order to write your Power Statement.

Here are two examples of excellent Power Statements that other people have written.

“Working as a mechanic is very important to me. It makes me happy to get paid, to support my family and to fix car engines. I want to work with you to find a medication and dosage that does not make my hands shake and that helps keep my mind off my worries and on the engines I am fixing.”

“Being a good mother and keeping a relationship with my daughter while she is in foster care is VERY important to me! I want you to work with me to find medication that will allow me to stay alert and focused so I can control my temper, focus on being a good mom and regain custody of my daughter.”

Template 1: Introduce yourself to your doctor as a person, not a patient: _____

Say how you want medicine to help you: _____

Invite your doctor to collaborate on finding medicine to support your recovery goal(s): _____

Template 2: Another way to write a Power Statement is to use the form below. You can use the “Power Statement Cheat Sheet” to give you ideas about how to fill in the blanks.

(Write a sentence about your Personal Medicine or what is important in your life) _____

I want to work together with you to find a medicine that will help me _____

_____ so that I can _____.

Use the space below to write the final draft of your Power Statement and share it with your doctor or nurse!

My Power Statement

Does Your Power Statement Meet CommonGround™ Fidelity Standards?

1. Does it introduce you to your doctor as a unique individual rather than just a patient? Yes No
2. Does it express how you want psychiatric medicine to help? Yes No
3. Does it invite your doctor or nurse to work with you on your recovery goal? Yes No

If you answered “No” to any of these questions, revise your Power Statement so it will be most effective!