



Preparing for your Psychiatrist Visit

My next appointment: _____

Tell the psychiatrist how I am doing since the last visit:

Tell the doctor how the medications are working for me:

Do I have any problems with the medications? (Any reactions/side effects) (SI/HI)

How often do I take the medication:

Do I have any other problems? (Medical):

Do I have any social service needs?:

Empowerment



Rate your feelings:

+ for good feelings

- for feelings you want to change

- + - **Brave**
- + - **Cheerful**
- + - **Bored**
- + - **Confused**
- + - **Surprised**
- + - **Curious**
- + - **Proud**
- + - **Disappointed**
- + - **Frustrated**
- + - **Embarrassed**
- + - **Silly**
- + - **Excited**
- + - **Uncomfortable**
- + - **Fantastic**
- + - **Worried**
- + - **Stubborn**
- + - **Generous**
- + - **Shy**
- + - **Ignored**
- + - **Satisfied**
- + - **Impatient**
- + - **Safe**
- + - **Unsafe**
- + - **Important**
- + - **Relieved**
- + - **Interested**
- + - **Peaceful**
- + - **Jealous**
- + - **Overwhelmed**
- + - **Lonely**
- + - **Loving**
- + - **Confused**
- + - **Tense**
- + - **Angry**
- + - **Calm**