

Medicines - your thoughts, feelings and beliefs



- ▶ You may have positive and negative thoughts, feelings and beliefs about your medicines.
- ▶ You might get different information from other people about your medicines.
- ▶ You might read something negative about your medicines.

It's normal to have thoughts and anxieties about this. Here are thoughts others have had:

My friends told me I will become dependent on this medicine

I read things on the internet that worry me

I've read that this medicine has long-term side effects

If I am on so many medicines I must be really sick

I haven't been given enough information

Taking these medicines now could mean they won't work for me in the future

I worry my medicines do more harm than good

Write down your thoughts in the boxes below



Four horizontal dotted lines for writing.

Four horizontal dotted lines for writing.

Four horizontal dotted lines for writing.

Three horizontal dotted lines for writing.

