

Your Personal Medicine Worksheet 個人良藥

Updated April 2023

Source: Rapp & Goscha (2012); translation was jointly completed by Baptist Oi Kwan Social Service, Caritas Rehabilitation Services, Tung Wah Group of Hospitals, and Dept of Social Work & Social Administration (HKU)

Name: _____ Date: _____

Personal Medicine is an activity someone does because it helps them feel better or increases their “wellness”. Personal Medicine can be things like:

- Working as a carpenter
- Being a good parent to my 3-year old daughter
- Vegetable gardening

This worksheet is intended to help you identify your Personal Medicine and how it helps. Fill in the chart below with activities that work for you. Read the example below and then fill in your answers:

Personal Medicine	Active Ingredient (How does it help?)	Top 3 I will share with Doctor, case manager or social worker
*Example: Something I do to feel better:	Walking in the park	Connects me to nature and improves my mood ✓
1. Something I do to feel better:		
2. Something I do that makes my life meaningful:		
3. Something I do that helps me feel good about being me:		
4. Something I enjoy doing on a daily basis:		
5. Something I do that helps me when I feel bad:		
6. The most important thing in my life is:		

Does your Personal Medicine meet CommonGround™ Fidelity Standards? **

- | | | |
|--|------------------------------|-----------------------------|
| 1. Does it help me remain well and strengthen my recovery? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Is it something I do NOW in my life? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Is it an activity, not a feeling or state-of-mind? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Is it something I DO, not something I take? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Does it say something unique about me? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

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

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姓名 : _____ 日期: _____

「個人良藥」是指能夠令你感覺良好或達致身心靈健康的事情。「個人良藥」可以是：(例如：以售貨員作為職業、成為女兒的好父母、種植植物等)

這張工作紙幫助你找出自己的「個人良藥」，以及它具有的積極效用。請閱讀下面的例子及填寫：

「個人良藥」		積極效用 (它幫助我達到……)	首3項我會跟我的 醫生/個案經理/ 社工分享
*例子：一些我做了會感覺良好的事	在公園散步	令我感到自己與大自然融合及改善我的情緒	✓
1. 一些我做了會令我感覺良好的事			
2. 一些我做了會令我的人生更有意義的事			
3. 一些我做了會令我引以自豪的事			
4. 一些我平日享受做的事			
5. 當我感覺不快時能夠令我重新感覺良好的事			
6. 在我生命中最重要的事			

怎樣判斷哪些是我的「個人良藥」？**

1. 是否有助我的復元？ 是 否
2. 是否我現時會做的事？ 是 否
3. 是一項活動，而不是一種感覺或心情？ 是 否
4. 是一些我會做的事，而不是被安排或要求做的？ 是 否
5. 是否對我個人特別有幫助？ 是 否

** 如果以上任何一項問題你回答「否」，請你再仔細想想及重新修改這張工作紙，令你能找出更有效及專屬於你自己的「個人良藥」。