



## “I’m Diagnosed. Now What?” Toolkit Worksheets Instructions

These worksheets are designed to empower both caregivers and individuals diagnosed with schizophrenia or psychosis-related disorders to navigate the recovery journey together. Serving as a practical starting point, these worksheets are tools to foster meaningful conversations, and strengthen collaboration between individuals, their support systems, and their treatment teams.

Both caregivers and diagnosed people can use these worksheets as you need them, working together based on your relationship dynamic. Conversations using the worksheets will be an ongoing journey; it’s completely natural for emotions, needs and perspectives to change over time.

### 1. Completing a worksheet

- **Anyone can start the worksheets** when they want to reflect and record their feelings and experiences. Both caregivers and diagnosed people could start the process with the intent of starting a dialogue.
- **There is no set time frame** between when you complete a worksheet and share it with your loved one.
- **This is all about what is most beneficial for creating communication** with each other and ensuring the diagnosed person feels safe.

### 2. Guided discussion

- **Begin with validation:** To set a compassionate tone, start by acknowledging something you appreciate or respect about what the other person wrote.
- **Share reactions gently:** Take turns (perhaps 5-10 minutes each) discussing your initial feelings and clarifying any points of confusion. Identify areas where you’d like to better support each other.
- **Seek understanding, not agreement:** Focus on understanding each other’s thoughts and emotions, rather than trying to “solve” or “fix” anything immediately.

### 3. Moving forward

- **Discuss what small, attainable steps you can take** in the coming days or weeks to address identified needs or challenges. Reflecting on the issues that feel complex or intense could be helpful.
- **Bring these worksheets to your next therapist appointment.** Your therapist can use these to understand how things are going between therapy sessions and stay abreast of changes. The therapist can help clarify misunderstandings, validate emotions and provide communication strategies. They also may guide you in exploring underlying issues, such as personal triggers or emotional patterns that have emerged.