

Fill in the blanks to complete as many sentences as possible. Work quickly, giving your conscious mind little time to think. It's okay if the words don't make sense. Skip questions that don't apply to you.

1. I first suspected I had a mental illness/substance use problem when _____.
2. It would have been easier to get help if _____.
3. I felt stigma when _____.
4. A symptom that was very hard for me to talk to professionals about was _____.
5. I wish professionals had approached me with _____.
6. One area of my life that has been impacted by my condition is _____.
7. An unique way I manage(d) my condition _____.
8. A surprising thing I've learned from my experience is _____.
9. Advice I wish I'd been given years ago is _____.
10. I think the mental health system needs _____.
11. I am grateful for _____.
12. One of the scariest times for me involved _____.

13. One thing that helped me significantly was _____
_____.
14. I discovered _____ on my own.
15. In sharing my story, a topic I don't want to get into is _____
_____.
16. One of my loneliest moments was _____.
17. When things were really hard for me, I thought _____
_____.
18. When people talk about mental illness/substance use problem(s), I
don't often hear about _____.
19. One of my role models/inspirations is _____.
20. Something that gives me hope is _____.
21. When I hear other people share their stories of recovery, I think/feel
_____.
22. When I share about my experience with mental illness/substance use
problem, I feel _____.
23. Something nobody understood about my experience was
_____.
24. If I taught medical professionals, I would _____
_____.
25. An essential component of recovery for me is _____
_____.