



The Violet Sheet: Naming What You Feel

A Personal Reflection & Communication Tool for Mental Wellness

This worksheet is your personal space to reflect on and articulate your mental and emotional state before an appointment. It follows the ROOT framework from the infographic to help you identify, communicate, and track your needs. This tool is designed to support you, particularly as a Black woman, in navigating the healthcare system and ensuring your voice is heard.

Step 1: R — REVEAL WHAT'S GOING ON

Purpose: To identify feelings and symptoms before your appointment.

Take a quiet moment to check in with yourself. Check all boxes that apply.

I have recently experienced:

- Persistent feelings of sadness, emptiness, or hopelessness.
- Difficulty sleeping (too much or not enough).
- Significant changes in appetite or weight.
- Extreme fatigue or a feeling of low energy.
- Loss of interest or pleasure in activities I usually enjoy.
- Feeling anxious, worried, or 'on edge' without a clear cause.
- Difficulty concentrating, remembering, or making decisions ('brain fog').
- Feelings of guilt, worthlessness, or helplessness.
- Irritability or being easily angered.
- Thinking about death or self-harm (if so, please seek help immediately).



Describe your experience in your own words. (e.g., When did this start? Are there certain times when it is worse?)

Step 2: O — OFFER YOUR OBSERVATIONS

Purpose: To frame your mental health concerns in the context of your primary health appointment,

showing your doctor why they are relevant.

My primary reason for seeing the doctor today is:

How do the feelings you identified in Step 1 impact your daily life, or how does your primary health concern impact your mental well-being?

Example: 'Since my physical symptoms started, I've felt very low and isolated.'



Step 3: O — OUTLINE WHAT YOU NEED



Purpose: To prepare specific questions and requests for your doctor, making your needs clear.

What are you hoping to understand or request during this visit?

Check all that apply, or write your own.

- I want to discuss screening for anxiety or depression.
- I would like to know about possible non-medication support options (like therapy or support groups).
- I'd like to understand if medication is a potential treatment option.
- Can you provide resources or a referral to a mental health specialist?
- I want to understand how my current physical symptoms and mental well-being might be connected.

Specific questions I have for my doctor:



Step 4: T — TAKE NOTE & FOLLOW-UP



Purpose: To capture important information and next steps during the visit, creating a record of your care plan.

Use this section while at your appointment.

Key points and recommendations from the doctor:

My next steps:

- Follow-up appointment scheduled for:
- Referral to:
- New treatment/medication discussed:
- Resources (websites, tools) provided:

My Action Items Checklist:

Action Item	Date Due	Complete?
(e.g., Schedule therapy intake appointment)		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>