



- Recovery Assessment Forms -

Name: \_\_\_\_\_

**Print Forms - Complete - Share - Implement - Start Recovering**

Date: \_\_\_\_\_

**SECTION 1 - SURVEY A (Optional, Highly Recommended)**

<b>HOLISTIC RECOVERY CARE CONSIDERATIONS (Assessed Individually)</b>			
<b>-Mark if Investigated-</b>			
Nutrition/Diet Assessment		Sedentary/Movement Patterns	
Eating Patterns		Testing for Nutrients/Hormones	
Hydration: Fluid Intake		Sleep Quality	

**SECTION 1 - SURVEY B (Completed by Client) What Feeds My Recovery | My Recovery Drivers**

<b>RECOVERY CARE FACTORS</b>	<b>INSTRUCTIONS: (Read Carefully)</b> Check a "Box", only if the <b>Recovery Driver</b> selected below is currently experienced as either: a) Uplifting, b) Feeds one's personal power, c) Essential for coping, d) Building hopefulness, or e) A Life Line. <b>To help, you can say the following:</b> I find _____ (name the driver) feeds and sustains my life for the better that is experienced as _____ (name the driver experience)					<b>RECOVERY CARE FACTORS</b>	
	My Hobbies/Leisure Activities	Practicing Gratitude	My Social Life	My Video Gaming	Watching TV		
	My Recreational Activities	Daily Routines/Structure	My Audio Books	My Social Media Use	Being Kind to Myself		
	My Exercising	Being with My Family	Playing Musical Instrument	Being a Caregiver	Listening to Music		
	My Praying	My Career/MyJob	My Positive Attitude	House Cleaning	Being a Parent		
	Being Outdoors in Nature	My Strong Coping Skills	My Acts of Self-Care	My Psychotherapy	Interior Decorating		
	Having Goals	My Educational Pursuits	Correcting Negative Thoughts	My Scripture Reading	Showers/Baths		
	My Friendships	My Pets	Touches & Hugs	My Humor/Laughter	Getting Restful Sleep		
	The Key Roles/Play	My Community Supports	My Self-Help Groups	Napping	Taking Time For Me		
	Community Involvement	My Indigenous Activities	My Meditations	Being an Avid Learner	My Playing Sports		
	My Cooking	My Writing Projects	Volunteering	My Solitude Moments	Being a Creative Thinker		
	My Family Activities	My Cultural Activities	Traveling	My Body Art/Getting Tattoos	My Aspirations/Dreams		
	My Spiritual Practices	Sexual Intimacy	Taking Care of How I Look	My Hopefulness/Optimism	My Healthy Eating		
	Being a Role Model	My Journaling	Religious Activities	Watching Movies	My Yoga		
	My Extended Family	My Reno Projects	My Series Watching	My Singing	Being a Crafter/Maker		
My Family Traditions	My Sports Watching	Being Kind to Others	Getting Massages	Using My Talents			
My Giving Nature	My Civic Involvement	My Art Making	Being a Grandparent	Smelling of Aromas/Scents			
Reading Religious Scriptures	Doing Daily Affirmations	My Partner Relationship	Being a Giving Person	My Accomplishments/Rewards			

**SECTION 1 - SURVEY C (Completed by Client)**

**My Top “3” Driver Instructions (Read Carefully):** To start, select up to three of your most valued recovery drivers identified in Survey B and list each one in the designated space below according to the guidelines outlined in the text box. There is no order to listing them. After listing them, proceed to the instructions for Survey D, below, and place the designated tones evoked for each driver under the title “My Tones Evoked” next in the same line the driver is noted. There can be more than one tone evoked to list for each recovery driver outlined.

**My Top “3” Drivers | My Tones**

**Guidelines:** If a recovery driver listed on Survey C has a non-specific theme like Recreation or My Goals, name the specific activity of most value related to this driver e.g. Recreation: Volleyball; My Goals: Marathon Running. If the recovery driver named is an individual entity on its own like “Singing” and “My Family”, leave as is. With each driver listed, designate with “initials” within their brackets why it was chosen, as per Survey B. List the initials along with brackets that best reflect why the driver was chosen and place on the same line as the driver is listed: (C) For Coping; (U) For Upliftment; (P) For Personal Power, (H) For Hopefulness and (L) as a Lifeline. A driver can have more than one initial, indicating what they offered.

My Top “3” Drivers	My Tones Evoked
1. Driver: _____	Tones: _____
2. Driver: _____	Tones: _____
3. Driver: _____	Tones: _____

**SECTION 1 - SURVEY D (Recovery Driver Tones)**

**Driver Tones**

**Instructions (Read Carefully):** For each of the Top 3 Recovery Drivers listed in Survey C, select up to three tone qualities evoked by this driver, as outlined, that gives worth to one’s life. To help, you can say the following: **“The tones evoked by this driver add \_\_\_\_\_(a tone) to my life.”** The next step is to place the name of the selected tone (s) in Survey C under its designated title.

Value	Vitality	Excitement	Focus
Meaning	Harmony	Peace	Strength
Soothing	Brightness	Pleasure	Connection
Colour	Flow	Vibrancy	Hopefulness
Calm	Fullness	Levity	Fun
Purpose	Comfort	Relaxation	Confidence
Drive	Satisfaction	Substance	Safety & Security
Energy	Contentedness	Richness	Spark
Laughter	Joy	Perspective	Flavor



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**SECTION 2 - SURVEY E (Completed by the client)**

**Hurdles to Recovery**

<b>INSTRUCTIONS:</b> (Read Carefully) Check a box on the chart if the “Hurdle” selected is currently experienced in one’s life as an obstacle to recovery.					
<b>RECOVERY CARE FACTORS</b>	Daily Inactivity	A Racing Mind	Lack of Close Friendships	Shopaholic Issues	<b>RECOVERY CARE FACTORS</b>
	Isolation / Loneliness Issues	Shyness Issues	Homelessness	Video Gaming Issues	
	Chronic Suicidal Thoughts	Lack of Community	Sexual Orientation Issues	Social Media Misuse	
	Chronic Pain Issues	No Employment	Depressed Moods	Work Pressure Issues	
	Grief / Loss Issues	Lacking Community Supports	Being Too Self-Critical	Sexual Abuse Issues	
	Brain Trauma Issues	Low Energy / Lethargic	Substance Abuse Issues	Taking Too Many Medications	
	Poor Living Conditions	Obsessive Behaviors Issues	Sedentary Lifestyle	Family Conflict Issues	
	Self-Harming Issues	Low Income Wages	Lacking Literacy Skills	School Pressures	
	Mobility Limitations	Negative Thinking	Nothing to Live For	Parenting Stress Issues	
	Eating Poorly	Low Income / Wages	Med Side Effects	Gender Orientation Issues	
	Irregular Sleeping Times	Feeling Unlovable	Money Management Issues	Little to No Pleasure Felt	
	Sleep Issues	Having Chronic Health Issues	People-Pleasing Behaviours	Flat Moods	
	Guilt / Regret Issues	Wanting to Harm Others	Cluttered Home Issues	Partner Violence Issues	
	Having No Goals	Anger Issues	Multiple Suicide Attempt Issues	Declining Memory Issues	
	Procrastination Issues	Moodiness Issues	Unsafe Community Issue	Social Anxiety Issues	
	Poor Self Care	Past Trauma Issues	Problem-Partner Relationships	Poor Self-Image	
	Seeing Too Much TV	Overweight Problems	Lack of Routines	Declining Mental Abilities	
Lack of Daily Structure	Unsafe Friendships	Anxiety Moods	Lack of Daily Routines		

Hurdles to Recovery Chart continued on following page.

### Hurdles to Recovery (continued)

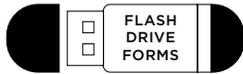
Self-Sabotaging Behaviors	My Rage Issues	Emotional Numbness Issues	Psychiatric Med Ineffectiveness	<b>RECOVERY CARE FACTORS</b>
Poor Coping Skills	Ineffective Psychotherapy	Family Violence Issues	Feeling like a Psychiatric Failure	
Loss of Appetite	Wanting to Harm	Child Abuse Issues	Feeling Not Understood / Heard	
Immigration Issues	Hearing Voices	Childhood Neglect Issues	Poor Judgement / Decisions	
Obsessive Thoughts Issues	Emotional Emptiness Issues	Lack of Education Issues	Law Breaking Behaviours	
Learning Disability Issues	Eating Disorders	Parental Conflict	Self-Hate	
Street Abuse	Poor Psychiatric Gains	Shift Work Issues	Stress Load Issues	
Poor Body Image	Impulsivity	Low Self-Esteem Issues	Loss of Faith	
Substance Abuse / Alcohol Use	Gender-Orientation Issues	Addictions (non-substances)	Phobia Issues	
Parental Conflicts	Mood Swings	Emotional Emptiness	Feeling Hopeless	
Lacking Self-Worth	Seeing No Future	Poor Living Conditions	Loss of Purpose	
Nothing to Look Forward to	Self-Hate / Self-Loathing	Lacking Daily Structure	Paranoid Thinking	
Life Has No Meaning	Feeling Detached	Deeply Confused / Uncertain	Parental Conflicts	
Panic / Fear Filled	Feeling Helpless / Powerless	Pessimistic Thinking	Spiritually Bankrupt	
Listless / Drifting in Life	Deeply Insecure	Not Loved	Keep Repeating Mistakes	

#### SECTION 2 - SURVEY F (Completed by the client)

**My Top “3” Hurdles:** (Read Carefully) Select up to three hurdles identified from Survey E that are most concerning to you and place them on this chart below.

#### My Top “3” List

1. Hurdle _____	2. Hurdle _____	3. Hurdle _____
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Name: \_\_\_\_\_

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Date: \_\_\_\_\_

### Report Card | Building Unique Perspectives

#### SECTION 3 - (Completed by the client)

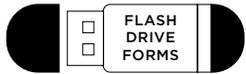
**Preamble:** The intent of this report card feature is for one to personally evaluate their present lived experience, through selected parameters, of how they are affected by living with one's mental health condition(s) from a recovery perspective and what this says about their place on the recovery continuum scale. Where one is placed on the recovery continuum scale indicates the degree of "Illness-Led Living" that is being lived vs the degree of "Person-Oriented Living" lived, which is a strong recovery position. With the score results, individuals can subjectively assess their recovery status and progress. Over the course of this program, The Report is re-evaluated several times and compared against each other to measure one's recovery status and personal progress. The first completed report card is used as the reference point to measure against all other cards.

#### Definitions to Know: (Read and Reflect Carefully)

- a) "The Illness":** Refers to single or multiple psychiatric conditions forming 'The Illness'. 'The Illness' can be viewed as having a mind of its own with a mission to influence the way you see yourself and the shape of your life. 'The Illness' brings and feeds itself on your personal grief tied to symptoms, events and circumstances posing as 'Hurdles' to recovery in order to survive.
- b) Personal Life Space:** This term refers to the degree of personal life space a person perceives they have to conduct their affairs versus what "The Illness" takes up within this same life space.
- c) Illness Living:** This term refers the degree to which your life revolves around "The Illness" rather than centered around the life you want to live.
- d) Uplifting Force:** This term can be described as an internal sense of richness generated from within an individual derived from the combined interplay of all the recovery drivers identified (Section 1, Survey B, Flash Drive Forms). This flow of richness gives rise to an "Uplifting Force" that can uplift the fabric of a person's life, even through challenging times, and counters the load (stress & weight) of the Dragging Effect.
- e) Dragging Effect:** This term refers to the degree of internal turbulence within oneself caused by all the weight and stress of "Hurdles" identified (Section 2, Survey E, Flash Drive Forms). The turbulence created by these "Hurdles" weighs down the fabric of one's life-producing resistance, the "Dragging Effect," which can slow, ground, or stall a recovery. The Uplifting Force mediates the Dragging Effect.
- f) Recovery Continuum:** Recovery is not a static and rigid process. Instead, recovery is fluid and flexible, with a natural oscillation between Illness-Centered Living and Person-Directed Living. In recovery, progress is defined when the frequency of Illness-led Living decreases while there is an increase in the domination of Person-Led Living. This migratory transition increases the sphere of influence a person has for leading their life on purpose.



# THE RECOVERY PROTOCOL BREAKTHROUGH | THE PRACTICE OF BRIEF RECOVERY WORK (BRW)



- Recovery Assessment Forms -

Chart# \_\_\_\_\_

## The Recovery Continuum Chart

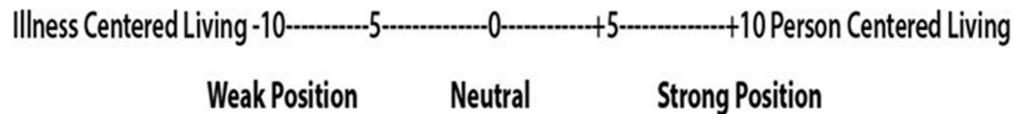
Date: \_\_\_\_\_

9)

**Instructions:** Based on the scores of each previous question, mark on a spot on the scale where one feels they are on the recovery spectrum for both “Illness-Centered Living” and “Person-Centered Living”. Ensure both ends of the recovery scale are marked for this action. Note: For future reference, The term, “Person-Centered Living” is also referred to as “Person-Oriented Living” and “Person-Led Living” while “Illness-Centered Living” is also referred to as “Illness-Oriented Living,” Illness-Led Living” or just “Illness Living”.

**Note:** To the left of the zero on the scale represents the negative position of Illness-Centered Living, and to the right of zero is a positive position representing Person-Centered Living. The determined values marked on the scale in either direction represent the depth of each recovery position.

### Illness Centered Living vs Personal Directed Living



Service Provider _____	Client _____	Date _____
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