

Print Forms - Complete - Share - Implement - Start Recovering

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

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

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

## HOLISTIC RECOVERY CARE CONSIDERATIONS (Completed with Psychiatric Care Provider)

-Mark when investigated-

Nutrition/Diet Assessment	Sedentary/Movement Patterns
Eating Patterns	Blood Testing for Nutrients/Hormones
Hydration: Fluid Intake	Sleep Quality

## -Recovery Background Support-

## SECTION 1 - SURVEY B (Completed by Client)

## What Feeds My Recovery | My Recovery Drivers

RECOVERY CARE FACTORS	What Feeds My Recovery   My Recovery Drivers					RECOVERY CARE FACTORS
	My Hobbies	Practicing Gratitude	Attending School	My Video Gaming	Watching TV	
My Recreational Activities	My Routines	My Baking	My Social Media Use	My Board Games		
My Exercising	My Family	Seeing a Future	Being a Caregiver	Listening to Music		
My Praying	My Career	My Positive Attitude	House Cleaning	Being a Parent		
Being Outdoors in Nature	My Strong Coping Skills	Good Self Care	My Psychotherapy	My Series Watching		
Having Goals	My Educational Pursuits	Correcting Negative Thoughts	My Walks	Being Kind to Myself		
My Friendships	My Pets	Touches & Hugs	My Humor	Being A Grandparent		
My Cultural Connections	My Community Supports	My Self-Help Groups	Napping	My Partner Relationship		
Community Involvement	My Indigenous Ceremonies	My Meditations	Being an Avid Learner	My Doing Puzzles		
My Cooking	My Writing	Volunteering	My Solitude Moments	Writing Poetry		
My Family Celebrations	My Cultural Celebrations	Traveling	My Body Art / Getting Tattoos	Focusing On My Arts		
My Spiritual Practices	Sexual Intimacy	Taking Care of How I Look	My Optimistic Attitude	My Playing Sports		
My Health Focus	My Journaling	Religious Activities	Watching Movies	My Survival Smarts		
Having A Community	My Reno Projects	Woodworking	My Singing	Playing My Musical Instruments		
My Family Traditions	My Ethnic Heritage Activities	Being Kind to Others	Getting Massages	Poetry Reading		
My Giving Nature	My Civic Involvement	Going to Work	Going Camping	My Audio Books		
Reading Religious Scriptures	My Knitting / Crochet	My Dancing	Playing Cards	Poetry Writing		
My Reading Books	Being a Crafter / Maker	My Yoga	My Healthy Eating	My Social Life		
My Gardening	My Leisure Activities	Being a Creative Thinker	My Church/Temple/Synagogue	Yard Work		
	Getting Restful Sleep	Showers / Baths	Interior Decorating	My Sports Watching		

## - Recovery Assessment Forms -

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

**My Top “3” Driver Instructions (Completed by Client):** To start, select up to three of your most valued recovery drivers identified from Survey B and list them in the designated area on the chart below. There is no priority order to this list and follow the guidelines for naming them as outlined within the chart below. After listing them, proceed to the instructions for Survey D for placing the selected “tones” connected to each driver.

**My Top “3” Drivers | My Tones**

**Guidelines:** Before listing your selection for Survey C, some activity-related drivers you have chosen may have a non-specific subject heading e.g., My Recreation Activities or My Religious Activities. In cases like this, it is appropriate to list the specific activities associated with the heading with this format, Recreation: Biking, Volleyball, Tennis. If there is more than one activity driver tied to a non-specific heading, circle the most important activity out of them that shall be of focus. For stand-alone drivers like, My Solitude Moments, or My Walks, they remain the focus on their own.

**My Top “3” Drivers****My Tones Evoked**

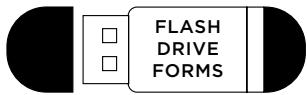
1. Driver: <input type="text"/>	Tones: <input type="text"/>
2. Driver: <input type="text"/>	Tones: <input type="text"/>
3. Driver: <input type="text"/>	Tones: <input type="text"/>

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

**Instructions (read carefully):** Select up to three tone qualities from the list below that best represent and fit what each specific driver or activity evokes for you and your life from those identified on My top “3” Platform, Survey C. To help, you can say the following:

**“The tones evoked by this driver add \_\_\_\_\_ (tone) to my life.”** Then record those tones of significance in the above chart, Survey C, on the same line as the driver associated with it.

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>Preamble:</b> The hurdles collectively identified in Survey E produce a felt weightiness and distressing experience which is presented as The Dragging Effect. The Dragging Effect represents the heaviness of the hurdle which creates resistance that can, in turn, impair and stall a recovery.				
<b>INSTRUCTIONS (READ CAREFULLY):</b> Check a box on the chart if the "Hurdle" selected is currently experienced in one's life as a barrier to recovery because of the felt weightiness and distress produced due to its presence.				
RECOVERY CARE FACTORS	Refugee Issues	A Racing Mind	Lack of Close Friendships	Shopaholic Issues
	Isolation / Loneliness Issues	Fresh Food Access Issues	Homelessness	Video Gaming Issue
	Chronic Suicidal Thoughts	Lack of Community	Sexual Orientation Issues	Social Media Use Issues
	Chronic Pain Issues	No Medications	Mental Health Symptoms Issues	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	Needing Identification Papers
	Poor Living Conditions	Returning to Work	Sedentary Lifestyle	Taking Too Many Medications
	Self-Harming Issues	Loss of Future	Lacking Literacy Issues	Family Conflict Issues
	Mobility Limitations	Negative Thinking	Nothing to Live For	School Pressures
	Poor Nutrition Issues	Low Income / Wages	Med Side Effects	Parenting Stress Issues
	Housing Issues	Feeling Unlovable	Money Management Issues	Loss of Hearing Issues
	Sleep Issues	Other Chronic Illness Issues	People-Pleasing Behaviours	No Psychiatric Diagnosis
	Guilt / Regret Issues	Wanting to Harm Others	Cluttered Home Issues	Obsessive Behaviors Issue
	Problem Navigating Services	Anger Issues	Multiple Suicide Attempt Issues	Gender Orientation Issues
	Procrastination Issues	Moodiness Issues	Unsafe Community Issue	Many Hospitalization Issues
	Poor Self-Care Issues	Past Trauma Issues	Problem-Partner Relationships	Little to No Pleasure Felt
	Intellectual Disability Issue	Obesity Health Issues	Lacking of Routines	No Employment
	Lacking Child Care	Unsafe Friendships	Legal Issues	Shyness Issues

RECOVERY CARE FACTORS

Hurdles to Recovery Chart continued on following page.

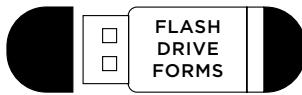
## Hurdles to Recovery (continued)

RECOVERY CARE FACTORS			
Witnessing Violence Issues	Street Abuse	Caregiver Issues	Psychiatric Med Ineffectiveness
Racial Issues	Poor Body Image	Eating Disorders	Fears of Being Stigmatized
Too Many Diagnoses	Aggression Issues	Hallucination Issues	Feeling like a Psychiatric Failure
Diagnosis Not Fitting	My Rage Issues	No Full Psychiatry Work Up	Feeling Not Understood / Heard
Workplace Stigma Issues	Inconsistency Taking Meds	Poor Psychiatric Gains	Depressed Moods
Loneliness Issues	A Want to Harm Others	Impulsivity	Law Breaking Behaviours
Poor Coping Skills	Feeling Out-of-Body Issues	Grandiose Thinking Issues	Self-Hate
Lack of Cultural Services	Medication Costs Issue	Poor Eating Behaviours	Stress Load Issues
Loss of Appetite	Daily Living Task Issues	High Food Costs	Phobia Issues
Accessing Psychiatry Issues	Poor Living Conditions	No GP/Nurse Practitioner Issue	Hyper Energetic Moods
Poor Health Issues	Prostitution Issues	Emotional Numbness	Transportation Cost Issues
Immigration Issues	Diagnosis Understanding Issue	Food Restriction Issue	Partner Violence Issues
Anxiety Issues	Psychotherapy Access Issues	Paranoid Thinking	Declining Memory Issues
Needing Glasses Issue	Experiencing Identity Loss	No Work Employment Benefits	Social Anxiety Issues
Loss of Appetite	Fearing Physical Restraints	Declined Income Supports	Poor Self-Image
Missing Work Issues	Work Obsession Issues	Fearing Police Response Issue	Declining Mental Abilities
Fearing Chemical Restraints	Psychiatric Wait Times	Emotional Numbness Issues	Fear of Being Held Against One's Will
Immigration Issues	Ineffective Psychotherapy	Fear of Electroconvulsive Therapy Issue	Emergency Room Times Too Long Issue
Obsessive Thoughts Issue	Loneliness Issues	Family Violence Issues	Lacking Medication Understanding
No Psychiatrist	Psychotherapy Cost Issue	Child Abuse Issue	Loss of Sight Issue
Dental Work Issues	Hospital Dignity Stripping	Childhood Neglect Issues	Being Deaf Issues
Learning Disability Issue	An Unhealthy Workplace	Lack of Work Skills	Shift Work Issues
Gig Work Issues	Hearing Voices	Lack of Education Issue	Low Self-Esteem Issues
Declined Disability Insurance	Long Work Hours	Multiple Releases: Emergency Dept. Issue	Low Self-Confidence Issues
Fear of Emergency Rooms	Emotional Emptiness Issues	Parental Conflict	
Language Barriers	Low Birth-Weight Health Issues	Denied Employee Assistance	

### 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	

Name: Date: 

## Report Card | Building Unique Perspectives

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

**Preamble:** The intent of the report card feature is to capture and evaluate the subjective parameters of recovery from a relational and personal perspective related to living with one's mental health condition(s). With this measure, individuals can subjectively assess their recovery progress and status.

**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.

**Instructions:** Based on the applicable definition, read each scaling question listed on **the following page**.

To help you, for each scaling question, say the following, "What would I say about..." (Read the Scaling Questions).

Before answering, reflect and speculate on how you might respond on a gut or intuitive level.

1) The degree of influence I possess to shape my life, in spite, of living with "The Illness"

High					Min
5	4	3	2	1	

2) The capacity for living your life with minimal influence from "Illness Living"

High					Min
5	4	3	2	1	

3) The ability to tolerate stress of living with "The Illness"

High					Min
5	4	3	2	1	

4) How strong is "The Illness" influence on your life?

High					Min
5	4	3	2	1	

5) The degree of 'personal life space' you have to carry out your present life

High					Min
5	4	3	2	1	

6) How rooted (grounded & centered) do you feel within yourself while living with the illness presence?

High					Min
5	4	3	2	1	

## VERSUS

The degree of your 'personal life space' consumed by "Illness Living"

High					Min
5	4	3	2	1	

## VERSUS

How scattered you feel within yourself

High					Min
5	4	3	2	1	

7) The degree to which you currently perceive the strength of the Uplifting Force to be, on average, after considering the counter influence of the Dragging Effect

Very Strong	Mainly Strong	Somewhat Strong	Low in Strength
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8) The degree to which you perceive the current load (weight & stress) of heaviness produced by the Dragging Effect to be, on average, after considering the counter influence of the Uplifting Force.

Very Heavy Load	Moderate Load	Low Load	Marginal Load
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Service Provider: \_\_\_\_\_ Client: \_\_\_\_\_ Date: \_\_\_\_\_