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

- Recovery Assessment Forms -

FLASH DRIVE FORMS

Name: Tim

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

Date: Jan 23, 2025

SECTION 1 - SURVEY A (Optional, Highly Recommended)

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

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

INSTRUCTIONS: (Read Carefully) Check a "Box", only if the **Recovery Driver** 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. **To help, you can say the following: I find _____ (name the driver) feeds and sustains my life for the better that is experienced as _____ (name the driver experience)**

RECOVERY CARE FACTORS										RECOVERY CARE FACTORS
My Hobbies/Leisure Activities	X	Practicing Gratitude	X	My Social Life	X	My Video Gaming	X	Watching TV		
My Recreational Activities	X	Daily Routines/Structure		My Audio Books		My Social Media Use		Being Kind to Myself		
My Exercising		Being with My Family	X	Playing Musical Instrument		Being a Caregiver		Listening to Music		
My Praying	X	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	X	My Pets	X	Touches & Hugs	X	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	X	My Writing Projects		Volunteering		My Solitude Moments		Being a Creative Thinker		
My Family Activities		My Cultural Activities		Traveling		My Body Art/Getting Tattoos	X	My Aspirations/Dreams		
My Spiritual Practices		Sexual Intimacy		Taking Care of How I Look		My Hopefullness/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	X	My Sports Watching	X	Being Kind to Others		Getting Massages		Using My Talents	X	
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		

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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: Hobbies & Leisure: Flying Model Planes (L) (U) (C)	Tones: Fun, Substance, Brightness, Joy
2. Driver: Prayers (C)	Tones: Hopefulness, Comfort
3. Driver: Cooking (C) (U)	Tones: Calming, Value

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

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

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Name: Tim | **Complete Forms** - Print - Share - Implement - **Start Recovering** | Date: Jan, 23, 2025

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

INSTRUCTIONS: (Read Carefully) Check a box on the chart if the "Hurdle" selected is currently experienced in one's life as an obstacle to recovery.

RECOVERY CARE FACTORS								RECOVERY CARE FACTORS
Daily Inactivity		A Racing Mind	X	Lack of Close Friendships		Shopaholic Issues		
Isolation / Loneliness Issues		Shyness Issues		Homelessness		Video Gaming Issues		
Chronic Suicidal Thoughts	X	Lack of Community		Sexual Orientation Issues		Social Media Misuse		
Chronic Pain Issues		No Employment		Depressed Moods	X	Work Pressure Issues	X	
Grief / Loss Issues	X	Lacking Community Supports		Being Too Self-Critical		Sexual Abuse Issues		
Brain Trauma Issues		Low Energy / Lethargic	X	Substance Abuse Issues	X	Taking Too Many Medications		
Poor Living Conditions		Obsessive Behaviors Issues	X	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	X	
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	X	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	X	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	X	
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	X	RECOVERY CARE FACTORS
Poor Coping Skills	X	Ineffective Psycotherapy	X	Family Violence Issues		Feeling like a Psychiatric Failure	X	
Loss of Appetite		Wanting to Harm		Child Abuse Issues	X	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	X	Shift Work Issues		Stress Load Issues	X	
Poor Body Image	X	Impulsivity		Low Self-Esteem Issues		Loss of Faith		
Substance Abuse / Alcohol Use		Gender-Orientation Issues		Addictions (non-substanses)		Phobia Issues		
Parental Conflicts		Mood Swings		Emotional Emptiness		Feeling Hopeless		
Lacking Self-Worth		Seeing No Future	X	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	X	Feeling Helpless / Powerless	X	Pessimistic Thinking	X	Spiritually Bankrupt		
Listless / Drifting in Life		Deeply Insecure		Not Loved		Keep Repeating Mistakes	X	

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 Seeing No Future 2. Hurdle Feeling Helpless/Powerless 3. Hurdle Depressed Moods

Name: Tim

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

Date: Jan 23, 2025

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.

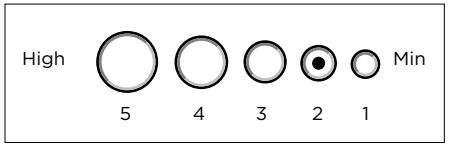
e) Dragging Effect: This term refers to the degree of internal turbulence within oneself caused by all the weight and stress of "Hurdles" identified (Section 2, Survey E, Flash Drive Forms). The turbulence created by these "Hurdles" weighs down the fabric of one's life-producing resistance, the "Dragging 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.

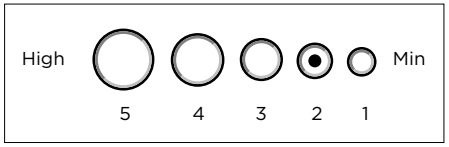
Report Card Scalings

INSTRUCTIONS: Ensure you have reviewed the definitions on page 1 before answering the following questions.

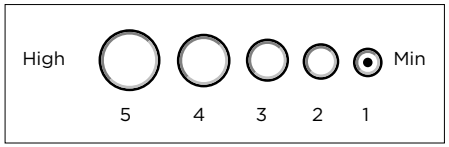
1) **The degree of influence I posess to shape my life, in spite, of living with "The Illness"**



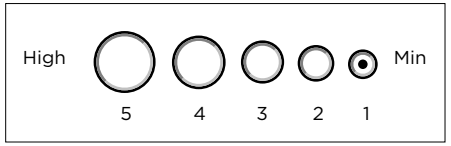
2) **The capacity for living your life with minimal influence from "Illness Living"**



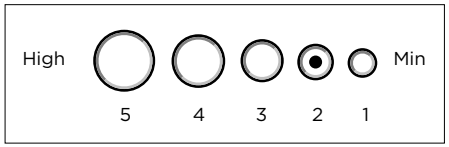
3) **The ability to tolerate stress of living with "The Illness"**



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

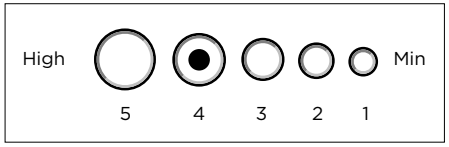


5) **The degree of 'personal life space' you have to carry out your present life**

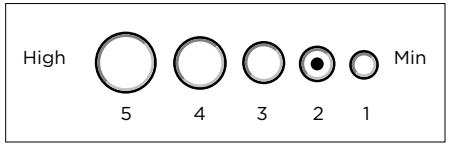


VERSUS

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

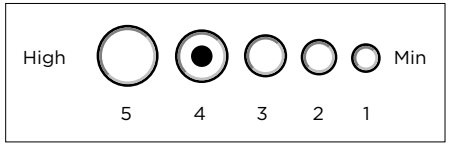


6) **How rooted (grounded & centered) do you feel within yourself while living with the illness presence?**



VERSUS

How scattered you feel within yourself



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**

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.**

Chart# 1

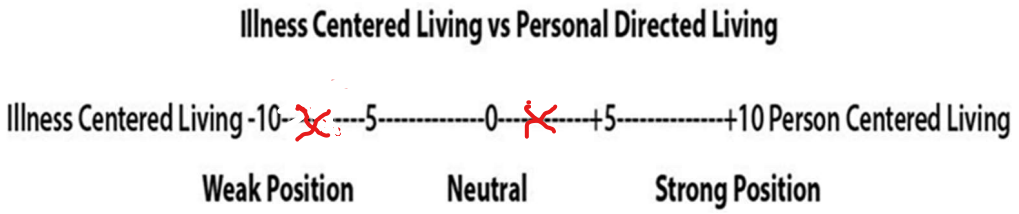
The Recovery Continuum Chart

Date: Jan 23. 2025

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.



Service Provider Sandy Kitten (Fictitious) Client Tim Date Jan 23. 2025