

Mental Illness Recovery Self-Assessment

Name: _____ Date: _____

This assessment tool is for those who are in recovery or are on the road to recovery from a mental illness. Documentation of progress and continued maintenance are one of the keys to a successful life. Too often we are so busy living that we forget to stop and think of where we are, where we are going, what has worked for us in the past, and what we need to do to for our recovery tomorrow. Complete this tool and keep it in a place where you can refer to it on a regular basis as you continue your journey on the recovery path. Fill out more than one copy and date it so you can see where you've been. This will help you to know where it is you need to go or what worked when you were at your best.

I know I'm in recovery when (identify what you are like when you know you are in recovery):

I know what I'm not in recovery when:

Recovery Activities

Time Spent with Family, Friends, Supportive People

• *How much time do I spend with others daily?*

• *Who do I spend time with?*

• *How much time do I spend alone?*

Another strategy which promotes recovery is how you structure your time. What is it you spend your time doing on a daily basis? (Identify time by the day or week whichever works better for you)

How I spend my days:

• Volunteering:

<ul style="list-style-type: none">• Working:
<ul style="list-style-type: none">• Hobbies:
<ul style="list-style-type: none">• School:
<ul style="list-style-type: none">• Exercise:
<ul style="list-style-type: none">• Healthy Eating (What do I eat?):
<ul style="list-style-type: none">• Other behaviors<ul style="list-style-type: none">- Healthy:
<ul style="list-style-type: none"><ul style="list-style-type: none">- Unhealthy:
Of the items listed above what do I need to spend more time doing?
Of the items listed above what do I need to spend less time doing?
My treatment program consists of:
<ul style="list-style-type: none">• Intervention(s):
<ul style="list-style-type: none">• Medication:
<ul style="list-style-type: none">• Mental Health Providers:
<ul style="list-style-type: none">• Other

I know I am at risk of losing my current recovery level when:

Barriers to recovery for me are:

What has helped me in the past when I am at the weakest in my recovery walk?

My current goals are:

1.

2.

3.

The goals I have achieved in the past month are:

1.

2.

3.

What happens to me to lead me to relapse?

What activities or people have helped me achieve recovery in the past?

Any notes that may help me on my road to recovery.