

Item #	Question	Activities
1	The amount of friendship in your life	<p>I will develop a list of places/activities of interest, which provide possible opportunities for me to develop social contacts.</p> <p>I will attend the <i>social club</i> available in the area for at least <i>one hour two times each week</i>.</p> <p>I will invite someone to <i>lunch</i> or to participate in an activity with me.</p> <p>I will practice social/communication skills with treatment provider <i>one hour each week</i>.</p>
2	The amount of money you get.	<p>I will talk to treatment provider/vocational counselor about getting a job.</p> <p>I will talk to supervisor about getting a raise (or, increasing hours).</p> <p>I will check the "help wanted" ads in the newspaper for possible jobs.</p>
3	How comfortable and well-off you are financially.	<p>I will decrease unnecessary spending.</p> <p>I will take a class in budgeting.</p> <p>I will keep track of everything I spend for one month.</p> <p>I will "pay myself first" by setting aside <i>\$5.00 each month</i>.</p>
4	How much money you have to spend for fun.	<p>I will use resources such as the local newspaper to develop a list of free activities that would be enjoyable.</p> <p>I will develop a budget and start a savings account.</p> <p>I will apply for a part-time job that would provide additional money.</p> <p>I will ask payee to begin budgeting an additional <i>\$10 each month</i> for leisure activities.</p>
5	The amount of meaningful activity in your life (such as work, school, volunteer activity, leisure activity).	<p>I will develop a list of hobbies and select one to participate in at least <i>once each week</i>.</p> <p>I will meet with a vocational/employment specialist <i>within the next two weeks</i>.</p> <p>I will participate in a class at a consumer agency, community center, local college, etc.</p> <p>I will begin volunteering for a local organization <i>once each week</i>.</p>
6	The amount of freedom you have.	<p>I will schedule a particular time <i>each day</i> to devote to a chosen/desired activity.</p> <p>I will meet with my treatment provider <i>once a week</i> to improve my ability to set boundaries.</p> <p>I will explore with treatment provider available housing options.</p>
7	The way you and your family act toward each other.	<p>I will invite my <i>brother</i> to do something that we both enjoy.</p> <p>I will share information with family about NAMI's "Family to Family" program.</p> <p>I will ask my family member(s) to attend family counseling with me.</p>

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8	Your personal safety	<p>I will take a course in self-defense/personal safety.</p> <p>I will arrange to be with others when I go out in the evening.</p> <p>I will ask my landlord to install a new or additional locks.</p>
9	The neighborhood in which you live.	<p>I will use the newspaper to make a list of affordable apartments in safer areas.</p> <p>I will attend my neighborhood's next civic group meeting and share my concern(s).</p> <p>I will do something to brighten my immediate surroundings - such as plant flowers.</p> <p>I will speak to at least <i>one</i> neighbor each <i>week</i>.</p>
10	Your housing/living arrangement	<p>I will make a list of features I would like in my home.</p> <p>I will make a change to bedroom or home to make it more satisfying to me.</p> <p>I will speak to my treatment provider about other housing options.</p>
12	How often do you have the opportunity to spend time with people you really like.	<p>I will select an activity to participate in at least <i>one time each week</i> to meet others.</p> <p>I will schedule a fun activity with someone I really like <i>once a week</i>.</p> <p>I will attend the <i>consumer/agency and/or social club once each week</i> to develop more social contacts.</p>
13	How often does your physical condition interfere with your day-to-day functioning?	<p>I will schedule an appointment with my family doctor to discuss options to improve my condition.</p> <p>I will develop and maintain a <i>daily</i> exercise routine.</p> <p>I will develop a reasonable diet.</p>
14	Concerns about my medication (such as side effects, dosage, type of medication) are addressed.	<p>I will develop a list of questions for my doctor regarding my medication and will take the list to my next appointment.</p> <p>At my next appointment, I will ask my doctor about other medication options that have fewer or less bothersome side effects.</p> <p>I will work with my treatment provider on assertiveness skills to be better able to address my concerns about medication when I visit my doctor.</p>

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15	I have been treated with dignity and respect at this agency.	<p>I will schedule a time to meet with my agency's Client Rights Officer to share my concerns.</p> <p>I will make a list of the things that bother me about how I am treated and share it with an agency staff member that I feel comfortable with.</p> <p>I will request a different treatment provider.</p>
16	How often do you feel threatened by people's reactions to your mental health problems?	<p>I will write down things that people do that make me feel threatened and share the list with my <i>treatment provider</i>.</p> <p>I will work with my <i>treatment provider</i> to identify factors that draw attention to myself and develop a strategy to address them.</p> <p>I will talk with my <i>peers</i> about feeling threatened by people's reactions to my mental health problems.</p>
25	Feeling of worthlessness	<p>I will make a list of activities that make me feel good about myself and I will participate in <i>at least one</i> of those activities <i>each week</i>.</p> <p>I will make a list of people who I feel value me and plan an activity with <i>one</i> of them <i>each week</i>.</p> <p>I will keep a <i>daily</i> journal of things that I do well and/or that I have done for others.</p>
29	Feeling lonely	<p>I will develop a list of social supports to call when feeling lonely.</p> <p>I will seek an opportunity to volunteer my time so that I can be with others.</p> <p>I will schedule a special outing or activity with my friend(s) or family member(s) <i>twice each week</i>.</p>
32	How often can you tell when mental or emotional problems are about to occur?	<p>I will review articles/books to help me understand circumstances that are difficult for me and discuss them with my <i>treatment provider</i>.</p> <p>I will ask someone that I trust to let me know when they think I am experiencing difficulties.</p> <p>I will try to identify warning signs of my emotional problems, and when I do, I will discuss them with someone I trust.</p>

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33	When you can tell, how often can you take care of the problems before they become worse?	<p>I will write <i>three</i> things that I can do to assist myself in dealing with my symptoms when they occur, and keep the list close by.</p> <p>When feeling more symptomatic, I will call someone (friend, family, treatment provider) that I am comfortable with for support.</p> <p>When I begin to struggle, I will schedule an appointment with my treatment provider.</p>
34	I can pretty much determine what will happen in my life.	<p>I will develop a list of things within my control that bother me and list methods for dealing with each of them.</p> <p>I will develop a list of things that bother me that I don't have control over and develop a coping strategy for each of them.</p> <p>I will identify the things in my life that I have control over.</p>
35	People are limited only by what they think is possible.	<p>I will make a list of positive things in my life and add to the list <i>weekly</i>.</p> <p>I will ask treatment provider for the Outcomes &amp; Recovery Blending (ORB) resource list of consumer stories about overcoming limitations.</p> <p>I will write down accomplishments in my past that, at the time, I didn't think were possible to achieve.</p>
36	People have more power if they join together as a group.	<p>I will read the newspaper to find out about local organizations and to learn about various groups and/or advocacy opportunities.</p> <p>I will explore whether there is a consumer support group or drop-in center in my area.</p> <p>I will attend the next "<i>consumer advisory</i>" meeting at my agency.</p>
37	Getting angry about something never helps.	<p>I will explore with my <i>treatment provider</i> situations in which anger resulted in a positive outcome.</p> <p>I will review articles/newspapers to identify situations where getting angry was helpful.</p> <p>I will talk with my treatment provider about why I feel it doesn't help to get angry about things.</p>
38	I have a positive attitude toward myself.	<p>I will make <i>three</i> positive statements about myself every <i>morning</i>.</p> <p>I will increase exercise by walking <i>3 times a week</i>.</p>

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39	I am usually confident about the decisions I make.	<p>Each <i>morning</i>, I will write down a good decision that I made the previous day.</p> <p>I will ask friends, family and/or treatment providers to let me know when I make good decisions so that I can build confidence.</p> <p>I will become better informed before making decisions by asking at least <i>two</i> questions.</p>
40	People have no right to get angry just because they don't like something.	<p>I will think about <i>one</i> circumstance <i>each day</i> in which I observe someone who is angry and write about how it made me feel.</p> <p>I will read an article about advocacy.</p> <p>I will attend a consumer advocacy meeting.</p>
41	Most of the misfortunes in my life were due to bad luck.	<p>I will write down the misfortunes in my life and identify what caused them (bad luck, something client did/didn't do, something that someone else did/didn't do).</p> <p>I will look up "misfortune" in the dictionary and discuss my misfortunes with a <i>treatment provider</i>.</p>
42	I see myself as a capable person.	<p>I will make a list of things that I am good at (i.e. art, cooking, living by myself, budgeting, writing, listening, etc.)</p> <p>I will pick one thing that I don't feel capable of doing, but would like to do, and take small steps to learn how to do it.</p>
43	Making waves never gets you anywhere.	<p>I will speak up when I disagree.</p> <p>I will identify historical events where making waves had an important impact (e.g. civil rights movement).</p> <p>I will join the <i>mailing list</i> of a group that fights for a cause that I believe in.</p>
44	People working together can have an effect on their community.	<p>I will join the neighborhood watch to help lower crime in my neighborhood.</p> <p>I will participate in my church's community outreach program <i>once a month</i>.</p> <p>I will volunteer to work at the next fundraiser for a program of my choice.</p>
45	I am often able to overcome barriers.	<p>When things get too difficult to handle by myself, I will seek help from others.</p> <p>I will break barriers into several small tasks and focus on completing one task at a time.</p> <p>At the times that I want to give up, I will ask myself, what is the real challenge?</p>

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46	I am generally optimistic about the future	<p>I will say <i>one</i> positive statement about my future every day for <i>two weeks</i> .</p> <p>I will write a list of things I want in the future (next 6 months, 1 year, 5 years, etc.) and a plan for obtaining each.</p> <p>I will talk about people who overcame struggles similar to mine with my <i>peers</i>.</p>
47	When I make plans, I am almost certain to make them work.	<p>I will break larger tasks into small steps and reward myself when finishing a step.</p> <p>I will write a list of things to do each day that has <i>no more than 5 items</i> on it.</p> <p>I will ask family, friends and treatment providers to encourage me to fulfill my planned activities.</p>
48	Getting angry about something is often the first step toward changing it.	<p>I will use anger as a motivator to solve problems.</p> <p>When feeling angry, I will remind myself that it is okay to feel angry.</p> <p>I will let people know when and why I am angry.</p>
49	Usually I feel alone.	<p>I will call the <i>warm line</i> or participate in online chats when feeling lonely.</p> <p>I will go to a <i>day program/consumer agency</i> to increase social interaction.</p> <p>I will attend a social activity <i>at least once per month</i> at church or a community organization.</p> <p>I will get a pet.</p>
50	Experts are in the best position to decide what people should do or learn.	<p>I will identify ways in which I am the person in the best position to decide what is best for me.</p> <p>When developing my treatment plan, I will give input to treatment providers about what I want to do and learn.</p> <p>I will discuss with my treatment provider(s) the strengths that I bring to our relationship.</p> <p>I will not sign my treatment plan without reading it first.</p>
51	I am able to do things as well as most other people.	<p>When discouraged by the abilities of others, I will remind myself of at least <i>three</i> things that I do well.</p> <p><i>Once a week</i>, I will role play situations with my <i>job coach</i> to gain more confidence at work.</p> <p>I will attempt something new at <i>least once a month</i> to develop skills and increase confidence.</p>
52	I generally accomplish what I set out to do.	<p>I will break projects into small jobs and reward myself along the way.</p>

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		<p>I will write a list of <i>five</i> things to do <i>each day</i> and complete at <i>least two</i> of them.  I will focus on one task at a time.</p>
53	<p>People should try to live their lives the way they want to.</p>	<p>For a <i>day</i>, I will keep track of whether I do things for myself or to please others.</p> <p>I will draw a picture of how I want to live and discuss it with <i>treatment provider</i>.  I will tell parents, treatment provider, and/or friends how I want to live.</p>
54	<p>You can't fight city hall (authority).</p>	<p>I will join a community advocacy group to fight for better housing, job opportunities, neighborhood, education, child care, etc.  I will vote at the next election.  I will write a letter to my <i>congressman</i> about an issue that concerns me (medicaid, housing, employment, neighborhood crime, etc.).</p>
55	<p>I feel powerless most of the time.</p>	<p>I will learn my client rights.  I will attend a group (self-esteem, empowerment, recovery, etc) <i>at least once a month</i>.  I will discuss my treatment plan with treatment provider before signing it.</p>
56	<p>When I am unsure about something, I usually go along with the rest of the group.</p>	<p>When I don't understand something, I will ask questions instead of just doing what others do.</p> <p>When feeling uncomfortable in a situation, I will let those with me know about it.  I will suggest an activity to do when I am with friends.</p>
57	<p>I feel I am a person of worth, at least on an equal basis with others.</p>	<p>I will read a book on improving self-esteem (suggestion: Feeling Good Handbook by David Burns).</p> <p>When noticing that I am thinking negatively about myself, I will replace negative thoughts with neutral and then positive thoughts.  I will socialize with people who value me.  I will say "thank you" when given a compliment.</p>

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58	People have a right to make their own decisions, even if they are bad ones.	<p>When people disagree with my decisions, I will remind myself that they don't have control over what I do.</p> <p>When I disagree with the decisions of others, I will remind myself that I don't have control over what they do.</p> <p>I will let others make their own decisions and I will make my own decisions.</p>
59	I feel I have a number of good qualities.	<p>With the help of treatment provider, family and/or friends, I will develop an understanding of the qualities that I value.</p> <p>In the next <i>two weeks</i>, I will ask 5 people to describe the good qualities that they think I have.</p> <p>I will offer to help others <i>at least once a week</i>.</p>
60	Very often a problem can be solved by taking action.	<p>When a problem occurs, I will think of <i>three</i> ways to address the problem and do the one that I think will work best.</p> <p>I will start a petition the next time the opportunity presents itself.</p> <p>I will organize my paper work (bills, receipts, mail, etc.) at home for <i>10 minutes every day for a week</i>.</p>
61	Working with others in my community can help to change things for the better.	<p>I will spend time with my <i>neighbors at least once a month</i>.</p> <p>I will do volunteer work at a place of my choice <i>at least once a week</i>.</p> <p>I will get a job in a community action organization.</p>