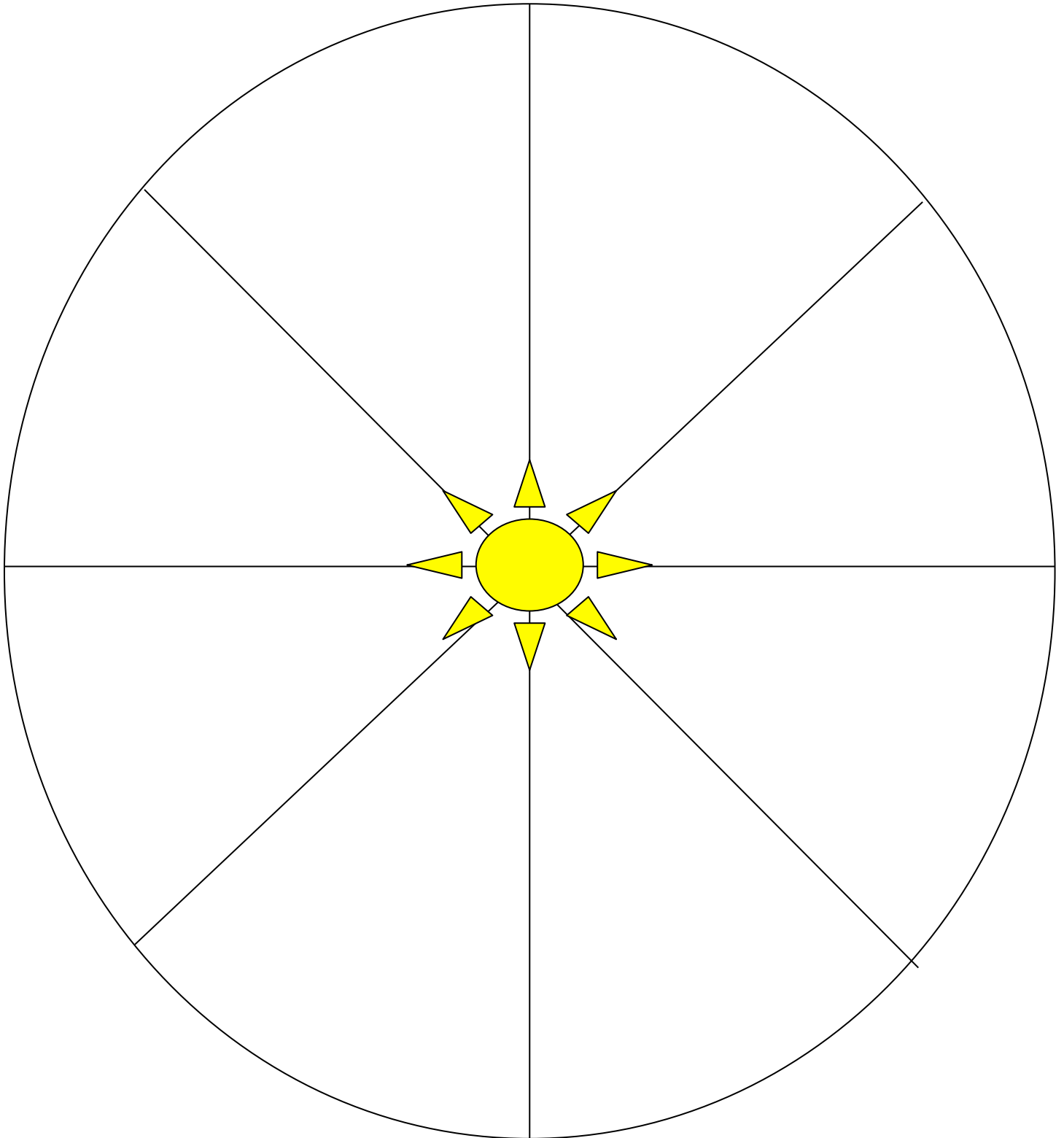


My Goals for Recovery and Where I Am Now (0 to 10)

10
(all the way around)



INSTRUCTIONS

INDIVIDUALLY OR WITH A NURSE

1. Think about the areas of your life that you would like to be different, try to separate them out so you can talk about them instead of having them all mixed together
2. Think / talk about how it will be when it is better, what are your best hopes for this issue in your life
3. With the best hopes in mind, write on the edge of each section how it will be when things are better, make this the title of each section (for example "being well enough to leave hospital")
4. Write a score from 0 to 10 in the segment to show where things are for you at the moment (where 0 = "worst its ever been" and 10 is "as good as it can be for me")

NOW IN PAIRS

5. Now discuss each of your scores.....
Pay particular attention to:
 - Which area is the highest priority for you?
 - How will it be to be a little higher
 - What might some of the next small steps be to move one point higher?
 - Make some notes on your best hopes and some of the next steps (there is another piece of paper which has some helpful questions on it for you to use and keep)

NOTES

