Self-Care Review – Checklist:

Place an X next to the areas that you are appropriately taking care of with regard to your personal change process, (or write NA if Not Applicable) -

PHYSICAL/MEDICAL-
____ I am getting a healthy amount of regular exercise
____ I am getting an appropriate amount of sleep
____ I am trying to eat right for the most part
____ I am making and keeping doctor appointments for my medical and dental issues as needed
____ I am taking medications properly for my medical issues when applicable
____ I am taking care of my hygiene and overall appearance
____ I am watching my caffeine intake
____ I am watching my nicotine intake

DAILY ACTIVITIES/RESPONSIBILITIES –
____ I am waking up at a reasonable hour most days so that I can be productive
____ I have some kind of structure in my life (work, school, treatment, etc.)
____ I do not have a lot of empty time with nothing to do except hang around
____ I am paying my bills to the best degree that I am able
____ I am making sure not to spend more money than I have or can afford
____ I have a stable living situation
____ I have some kind of routine of chores to take care of my responsibilities at home
____ I have some forms of healthy recreation
____ I am being careful to follow the local laws and avoid illegal behavior or criminal activity

RELATIONSHIPS –
____ I am avoiding negative associations
____ I am in contact with positive people who care about me
____ I am working on communicating openly and honestly in my family and social relationships
____ I am doing my best to avoid unnecessary arguing or conflicts in relationships
____ I am practicing being assertive and setting limits with others as needed
____ I am avoiding social isolation
____ I am refraining from promiscuous sex and frivolous dating
____ I am striving to be honest with others outside of my family and friends as well
____ I am following through with promises and agreements made with others
____ I am refraining from getting involved with gossip or unnecessary “drama”

EMOTIONAL/BEHAVIORAL
____ I am regularly working on and practicing managing and expressing my emotions appropriately
____ I am improving in my ability to manage stress
____ I am improving my ability to manage anger and other difficult emotions without acting out
____ I have someone positive I can talk to about my feelings
____ I am learning self-control
____ I have the right professional help for my coexisting mental health issues
____ I am taking my psychotropic medications as prescribed, without abusing them (where applicable)
____ I am setting aside time to take care of myself emotionally and get some relaxation time
____ I am taking time to honestly examine and learn about myself so I can make positive changes
I am able to listen to and accept feedback from others without getting defensive
I am learning to change irrational negative thoughts into more positive and hopeful thinking

SPIRITUAL
I am taking some time to think about things outside of my own immediate day to day focus
I am taking some time not just to help myself but to help others
I am making an effort to learn, grow, and expand my focus in life
I am making sure to get out and get some fresh air
I am taking time to appreciate my surroundings
I am paying attention to and expanding involvement in meaningful things in my life
I am trying to search for purpose and meaning in my life

Analysis:

Now go back and look at the areas that you left blank, that you did not check with an X or say NA. There may be several. Think about each area that you did not account for in your personal change plan and place a star in the line next to the two or three areas that really stand out to you as areas that you need to work on.

For the sake of clarification, rewrite the two or three areas that you decided that you need the most work on. However, when rewriting them, try to be more specific with regard to how these areas directly apply to you and your personal change plan.

My Plan to Increase Self-Care – Based on your identified areas that need work, come up with a brief plan:

Examples –

- I will start getting back to the gym again 4x/week
- I will schedule an appointment to see my psychiatrist again about my inability to sleep since I stopped using illegal drugs
- I will start doing volunteer work as long as I am unemployed to stay busy and avoid sitting around and watching too much television.

Now, based on your identified areas of need from this exercise, write your basic action plan to take care of these issues: