



For the Diagnosed Individual: Building Your Recovery

Building your recovery can start with recording your thoughts and ideas – also known as “journaling” -- which provides a safe, personal space to explore what you’re thinking and feeling. By writing regularly, you can create a record of your progress, gain fresh insights and nurture greater self-awareness. You can use the prompts below every now and then to help clarify your feelings, reduce stress and foster self-compassion.

If you find journaling helpful while building your recovery, you might consider getting a physical journal where you explore in more detail each of the questions in these worksheets.



Ways to Navigate Recovery

Part 1 of the “I’m Diagnosed. Now What?” toolkit shares on page 8 how navigating your recovery can involve multiple factors working together to keep you well and stable. Take a look at the toolkit for some useful examples of the different parts of recovery. You can still experience recovery while having distressing symptoms; the key is to continue building the tools for living your life the way you want to.

Think about working on these key components for personal recovery:

Open communication

How can I improve the ways I talk about what matters to me?

Building a routine

What can I do more consistently day to day? How can I keep that up?



Exercise

How can I keep active? What are some easy ways to keep moving?

Goal setting

What are some goals I can work toward? Who can help me achieve them?



Education

What do I want to learn? How can I read, listen or watch more about that?



Reflecting on Recovery

Part 1 of the "I'm Diagnosed. Now What?" toolkit shares on page 8 some topics to consider about your recovery journey. The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) [defines recovery along these four dimensions](#): Health, Home, Purpose and Community.

Dimension 1: Health	
Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing.	
Health	Making change (if needed)
<p>How do you feel you are managing your symptoms in your move to recovery?</p> <p>Use the feeling scale:</p> <p> </p> <p>1 2 3 4 5</p>	<p>What are ways you can get even better?</p>
<p>If you picked a 1 or 2 , please contact your support system (caregiver, case manager, therapist etc.) for immediate help to talk through improving this recovery dimension.</p>	



Dimension 2: Home	
Having a stable and safe place to live.	
Think about:	Making change (if needed)
How do you feel about your living situation? Do you feel safe and stable?	What are ways this could improve?
Use the feeling scale:	
 1 2 3 4 5	
If you picked a 1 (sad) or 2 (neutral), please contact your support system (caregiver, case manager, therapist etc.) for immediate help to talk through improving this recovery dimension.	

Dimension 3: Purpose	
Conducting meaningful daily activities, such as a job, school, volunteering, family caretaking or creative endeavors, and the independence, income and resources to participate in society.	
Think about:	Making change (if needed)
How do you feel about your daily activities? Are you in a job that you like? Are you feeling independent? What hobbies are you doing?	What are ways you can get even better?
Use the feeling scale:	
 1 2 3 4 5	
If you picked a 1 (sad) or 2 (neutral), please contact your support system (caregiver, case manager, therapist etc.) for immediate help to talk through improving this recovery dimension.	



Dimension 4: Community

Having relationships and social networks that provide support, friendship, love and hope.

Think about:



How do you feel about being connected to your community?
Are you making new friends? Are you maintaining friendships?

Use the feeling scale:


1 2 3 4 5

Making change (if needed)

What are ways you can get even better?

If you picked a 1  or 2 , please contact your support system (caregiver, case manager, therapist etc.) for immediate help to talk through improving this recovery dimension.

