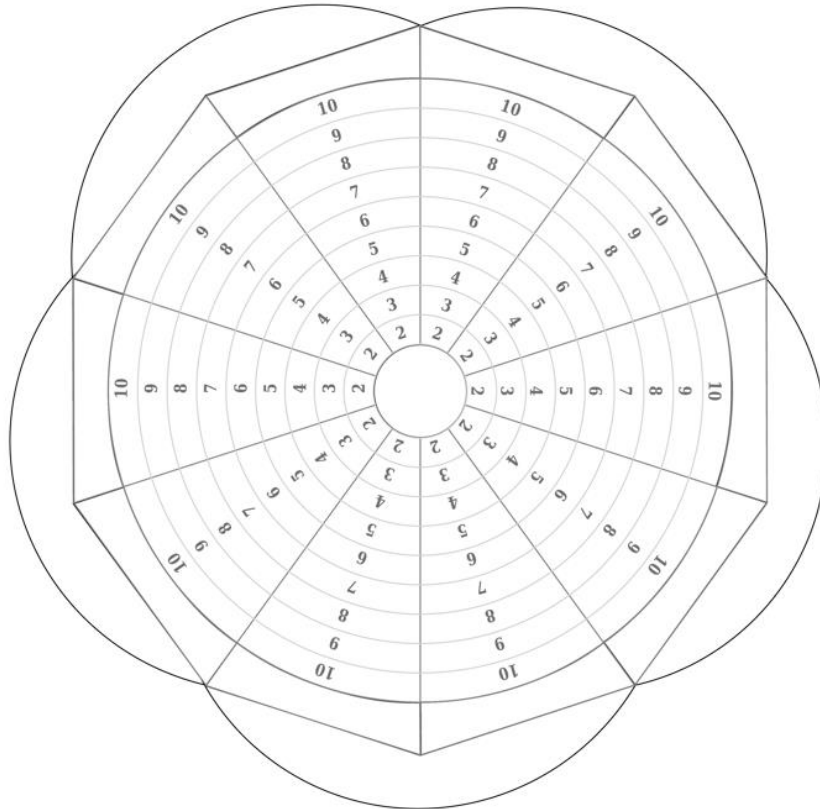




# WHEEL OF LIFE: Recovery

Name \_\_\_\_\_ Date \_\_\_\_\_



**Discover what wants to be nourished in recovery...** Print off these pages and add your chosen titles to work on for each of the sections; score each in terms of level of satisfaction (with close to the centre at 1 being low satisfaction and higher satisfaction towards the outside of the circle with 10 indicating ultimate happiness). When you have completed this have a look at the Wheel of Life. Are there low scoring areas? Are there areas that are calling to be nourished in some way?

Then turn to the next page and give an explanation for each scoring, the outcome you would like to see instead and any action, however small, that will move you in the direction of higher satisfaction in the lower scoring areas.

### CHOOSE 10 x SECTION TITLES FROM (OR ADD YOUR OWN):

Relationships	Depression/Low Mood	Drug Misuse
Trust	Anxiety/Panic Attacks	Suicidal Thoughts
Isolation	Self Harm	Suicidal Attempts
Confidence	Alcohol Misuse	Flashbacks
Self-Blame	Fear	Anger



**BRIEF EXPLANATION OF EACH AREA (continue on another page if you want):**

TITLE OF SECTION	Brief Explanation of Scoring
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



## WHAT OUTCOME WOULD YOU LIKE TO SEE INSTEAD?

TITLE OF SECTION	What I would like to see instead
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



**ACTION based on the small or easiest thing you can do to move forward and increase the scoring:**

TITLE OF SECTION	Smallest, easiest ACTION I can take next
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10	



Katherine Dandridge Acupuncture

Email: [info@katherinedandridge.com](mailto:info@katherinedandridge.com) · Tel: 07717 001629

[www.katherinedandridge.com](http://www.katherinedandridge.com)

**IMPORTANT CONTACTS AND INFORMATION FOR PROFESSIONAL SUPPORT IF YOU, OR SOMEONE YOU KNOW IS STRUGGLING WITH ANY OF THE ISSUES HIGHLIGHTED HERE IN THE WHEEL OF LIFE:**

**RECOVERY**

**Locally in Perthshire:**

Emergency Police/Fire/Ambulance: Call 999 or Call 101 for non-emergencies.

Samaritans – Call 116 123 Address: 3 King's Place, Perth PH2 8AA

RASAC – Rape and Sexual Abuse Centre Call 01738 630965 Website [www.rasacpk.org.uk](http://www.rasacpk.org.uk) Email: [support@rasacpk.org.uk](mailto:support@rasacpk.org.uk)

Right To Recovery – Liz Yule provides low cost private support for survivors of current or historical rape and sexual abuse [www.righttorecovery.com](http://www.righttorecovery.com) Call 07739 277196

Domestic Abuse – Perthshire Womens Aid Call 01738 639043 or out of hours 0800 027 1234. Email [contactus@perthwomensaid.org.uk](mailto:contactus@perthwomensaid.org.uk)

Alcoholics Anonymous – [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) [help@aamail.org](mailto:help@aamail.org) or 0800 9177 650

Drugs and Alcohol Recovery – [www.refocuspk.com](http://www.refocuspk.com)

Scottish Families Affected by Alcohol and Drugs- [www.sfad.org.uk](http://www.sfad.org.uk) Call FREE Helpline 08080 101011

Addictive Behaviour – [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk) local meetings in Perth, Stirling, Dunfermline and more across Perthshire. For family support as well.

Child Protection – Perth and Kinross Council Tel: 01738 476881 Email:

[childprotectioncommittee@pkc.gov.uk](mailto:childprotectioncommittee@pkc.gov.uk)

Stop It Now! Child Sexual Abuse prevention and helpline. Call 0808 100 0900

[www.stopitnow.org.uk](http://www.stopitnow.org.uk)

NSPCC National Society for the Prevention of Cruelty to Children – Call 0808 800 5000 Email:

[help@nspcc.org.uk](mailto:help@nspcc.org.uk) Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

The Men's Shed – [www.scottishmsa.org.uk](http://www.scottishmsa.org.uk) or [www.auchterardermenshed.btck.co.uk](http://www.auchterardermenshed.btck.co.uk) Email:

[auchterardershed@gmail.com](mailto:auchterardershed@gmail.com) Tuesdays 2-4pm

Mindspace- mental health charity, counselling and recovery college in Perth Call 01738 631639

Email: [info@mindspacepk.com](mailto:info@mindspacepk.com) Website: [www.mindspacepk.com](http://www.mindspacepk.com)

PKAVS – Mental Health and Wellbeing Hub Call 01738 631777 Website: [www.pkavs.org.uk](http://www.pkavs.org.uk)

For other types of support please contact the Perth Citizens Advice Bureau on 01738 450580

Website: [www.perthcab.org.uk](http://www.perthcab.org.uk)

Or contact your GP for medical health and recovery advice and support.



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## **INVITATION TO REVIEW:**

*Please find the time, if you so wish, to contact me and schedule a call to connect with me 1-2-1.*

*I will ask you a series of questions specifically designed to uncover the challenges you're experiencing, or what's NOT going well.*

*I invite you to discover on this call what your vision is for your health, weight, digestion, sleep, wheel of life nourishment aspects etc. and find out specifically and uncover what is stopping you, slowing you down or preventing you from having what you want so you know what the next steps are to moving forward.*

*The process is easy and fun, there is no way you can mess this up and it is guaranteed to deliver some powerful breakthroughs, so you can just relax and enjoy the process.*

*By the end of the conversation you'll know if I'm a good fit for you and I'll know if you're a good fit for me, so we'll be able to make a decision about whether or not working together is the best next step.*

**Here are my contact details:**

**Telephone or Text: 07717 001629**

**Email: [info@katherinedandridge.com](mailto:info@katherinedandridge.com)**

**Website Contact Form and I can call you back:**

**[www.katherinedandridge.com](http://www.katherinedandridge.com)**

**Great! Let's get started!**

*Katherine x*