



Systems Check

In the same way that a pilot checks all of the functions and operations of an airplane, it can be very useful to perform a similar systems check on yourself every now and then. Assessing where you are and what tools, skills and supports you have in place at any given period can lower risk factors and prepare you for anything that may unexpectedly come your way, (Again similar to the pilot who does a systems check for safety before taking off in flight)

Complete the following systems check to the best of your ability. Discuss your answers as a group when complete:

___ Associations

Who do you know that you need to stay away from?

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Where do you need to stay away from?

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What else do you need to avoid in your life if you are going to stay on a positive path?

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___ Coping/Support

What are at least two things that you can do if you experience cravings?

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What two people can you turn to when you feel like you are struggling or isolating?

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___ **Motivation and Insight**

What is at least one or two things that you need to stay self-aware of in order to make progress?

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What are a few things that help you to stay motivated and inspired for success each day?

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___ **Values**

What are a few positive and meaningful things that are most important to you right now?

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___ **Setbacks/Relapse Prevention**

What are three potential signs that you are going in a negative direction or you are at risk?

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If you feel like you are possibly headed in the wrong direction, who can you reach out to for help so that you can correct the issue before it is too late?

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___ **Purpose/Goals**

What do you need to stay involved with in your life, because you know it is part of your formula for success?

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What are three current meaningful life goals that you know that you need to keep working on?

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___ **Mental Health/Emotions**

What do you need to do in order to effectively manage and prevent stress, frustration, irritation and/or anxiety?

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What can you do to try to maintain a sense of inner peace in your life?

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What can you do to let go of old anger, grudges and resentment?

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What else do you know that you need to do to properly manage your mental health in a positive and effective way?

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___ **Crisis Planning**

What are at least two specific coping strategies that can help you through a crisis?

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Who/where can you turn to in a crisis?

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Closing Self-Review: When you have completed this systems check, go back through your answers and check the line next to the subheadings for areas which you are doing well in. Put a star in the line for areas where you need to make adjustments. Discuss what you need to do to improve in these areas immediately.