



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.

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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:

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