

RANGE OF LIFE EXPERIENCES

The aim of this document is to provide a checklist of life experiences that may be used by the partners as an aide me moiré when using the PinC system of Recovery.

The illustrations are not intended to provide detailed or definitive templates for dealing with the concerns described. It provides examples of concerns and coping strategies that particular clients, in helping to develop the PinC system of Recovery, use as part of their coping repertoires. Other clients may draw on particular coping strategies from their repertoire that they may use to deal with similar concerns.

For more detailed general guidance for the use of the PinC System of Recovery see the User's Manual.

A. My physical Experiences

1. Physical Symptoms (e.g. headache, dizziness, backache, muscle pain, stomach complaints)

B. My Understanding

1. Experiencing changes in concentration, memory
2. Having beliefs with the potential that they adversely affect my life e.g. somebody is watching me
3. Hearing, seeing, smelling things that cause me discomfort or distress

C. My emotional Experiences

1. Experiencing anxiety and fearfulness
2. Fluctuating mood between low and high
3. Being satisfied with life
4. Having the feeling of being isolated from other people
5. Recognising and expressing emotions
6. Feeling of having control over my life
7. Being motivated to do things
8. Thinking little of myself
9. Having a lack of interest in things
10. Feeling very low (depressed)
11. Experiencing suicidal feelings

D. My Ways of dealing with Things

1. Coping with major life events (e.g. having a baby, change in job, loss, death, marriage, moving house, divorce)
2. Possessing skills to cope with day-to-day living (e.g. reading writing, handling money, getting places on time, making decisions)
3. Organising activities that give purpose to my life (work, leisure, education)
4. Experiencing 'hyper' behaviour
5. Having the sense of compulsion to carry out specific actions (hand washing, eating, hurting myself)
6. Being content with intimate and sexual relationship that I have
7. Using legal and illegal drugs (alcohol, amphetamines, ecstasy, caffeine etc).
8. Acting in a dangerous way (taking risks, harming myself, risking harm to others)

E. Getting along with Others

1. Having close/distant/conflictual relationships within family
2. Having close/distant/conflictual relationships with friends, colleagues, neighbours

F. My Environment

1. Having access to services
2. Living in acceptable accommodation

G. My spiritual Experiences

1. Being satisfied with my understanding of my life and after life

A. MY PHYSICAL EXPERIENCES

1. PHYSICAL CONCERNS (eg. headaches, muscle aches & pains, sleep disturbance, stomach aches, dizziness)

Concern (identified by the client)

"The first sign of my becoming unwell is sleep disruptions. Recently I have had some sleep problems. I can't sleep through the whole night. I wake up about 3 am and can't get back to sleep"

Previous Methods of Coping (recalled by the client)

What did you do in the past that was successful in helping you to sleep all night?

- Took a sleeping tablet - they made me drowsy in the morning.
- Had a milo just before bed
- Watched television
- Went for walk after work - my friend stopped walking so I stopped
- Had a specific routine leading up to bedtime - found this useful
- Listened to a relaxation tape at bedtime - got fed up with same voices on tapes

Goal (selected by the client)

I will

sleep throughout the night

Date to be achieved: _____

Action (decided by the client)

by: establishing a routine at bedtime (walk, watch t.v., having a milo).
Seeing my doctor about having my medication reviewed particularly my night medication
Borrow new relaxation tapes from the library

Date when action will be taken _____

Dates actions are to be reviewed _____

B. MY UNDERSTANDING

1. EXPERIENCING CHANGES IN CONCENTRATION, MEMORY

Concern (identified by the client)

"I find it really hard to keep track of what people are saying to me. I can't keep up with the flow of conversation and it becomes awkward for me."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in improving your confusion, concentration and memory in the past?

- pretended that I was grasping what people were saying and nodding a lot and saying yes.
- wrote reminder notes after conversations had ended
- repeated parts of the conversation to improve chances of it being remembered.
- practised paying attention so that other thoughts don't intrude whilst talking with others.
- repeated the last word of what the person says, at the point where I lost track, over and over in my head until I tune back in.

Goal (selected by the client)

I will

identify one way of improving my memory and ability to complete a conversation with my friend without losing focus.

Date to be achieved: _____

Action (decided by the client)

by:

discussing this issue with my best friend

Date when this action will be taken _____

practising reducing my anxiety level by starting daily deep breathing exercises.

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. HAVING BELIEFS WITH THE POTENTIAL THAT THEY ADVERSELY AFFECT MY LIFE

(e.g. somebody is watching me)

Concern (identified by the client)

"I can't use public transport because I think people are watching me."

Previous Methods of Coping (recalled by the client)

What did you do in the past that was successful in helping you to use public transport?

- Catch taxis with \$50 per fortnight (mobility allowance).
- Avoid public transport as much as possible by asking others for lifts.
- Walk where possible
- Try to reassure myself that people are not watching me, wearing sunnies, keep saying to self I don't care.

Goal (selected by the client)

I will

catch the train and even when I get frightened to see it through to my destination.

Date to be achieved: _____

Action (decided by the client)

by:

identifying occasions with my mental health worker when I was not worried about people watching me on public transport

Date when this action will be taken _____

identifying things I can do that help me cope during the journey. So far I've identified that wearing sunnies, travelling with a friend and saying 'I don't give a damn' has helped me.

Date when this action will be taken _____

Dates actions are to be reviewed _____

3. HEARING, SEEING, SMELLING THINGS THAT CAUSE ME DISCOMFORT OR DISTRESS

Concern (identified by the client)

"I have a couple of different voices that tell me really horrible things about myself."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in managing your voices in the past?

- I got drunk
- I hummed to myself
- wrote notes on what the voices say and how they affect me
- listened to music and reading
- listened objectively to characteristics of the voices e..g. loudness, tone, gender
- Talk to the voices - tell them to go away
- Prayed

Goal (selected by the client)

I will

Reduce the negative effects of the voices

Date to be achieved: _____

Action (decided by the client)

by:

listening objectively to characteristics of the voices e..g. loudness, tone, gender

Date when this action will be taken _____

writing notes on what the voices say and how they affect me

Date when this action will be taken _____

humming to myself

Date when this action will be taken _____

praying

Date when this action will be taken _____

Dates actions are to be reviewed _____

C. MY EMOTIONAL EXPERIENCES

1. EXPERIENCING ANXIETY AND FEARFULNESS

Concern (identified by the client)

"I feel nervous and anxious when I am doing things and people are watching me."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in managing your voices in the past?

- avoided situations that make me feel nervous
- put my head down so I can't see their faces
- tried to go to gatherings with people I know and trust
- talked with other people I meet about our similar experiences and ways of dealing with them

Goal (selected by the client)

I will

feel calm and in control next time I go into a crowded room or area where people may be watching me.

Date to be achieved: _____

Action (decided by the client)

by:

identifying three friends who might be willing to 'chum' me to meeting and social events.

Date when this action will be taken _____

attending the local support meeting to discuss my concerns

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. FLUCTUATING MOOD BETWEEN LOW AND HIGH

Concern (identified by the client)

"I feel sad and everything seems so hopeless".

Previous Methods of Coping (recalled by the client)

What did you do that was successful in the past to help you cope with feeling sad and hopeless?

- talked to my dog and let out my feelings to him.
- went for walks.
- rang my friends.
- went to bed.
- wrote down my feelings
- talked to the minister if things get bad
- made an appointment with my doctor
- watched movie, playing video games, going to the gym.
- worked harder at my job.

Goal (selected by the client)

I will

identify ways of avoiding feelings of sadness

Date to be achieved: _____

Action (decided by the client)

by:

identifying clearly with the mental health worker signs that my mood is likely to drop.

Date when this action will be taken _____

writing down actions that I have taken in the past to avoid becoming sad and hopeless that I will use now

Date when this action will be taken _____

Dates actions are to be reviewed _____

3. BEING SATISFIED WITH LIFE

Concern (identified by the client)

"I'm not satisfied with my life and how it is turning out"

Previous Methods of Coping (recalled by the client)

What did you do that was successful in finding fulfilment in the past?

- lay on my bed and listened to my music.
- had a drink with friends
- visited church, prayed and spoke to the minister
- contacted the Livings Skills Centre for help with solving daily living problems as well as providing a venue for socialisation (social outings, leisure activities, camps, daily activities)
- contacted Clubhouse to see if they could give some information on finding a job.

Goal (selected by the client)

I will

give more meaning to my life.

by

finding out about undertaking voluntary work as a first step.

Goal (selected by the client)

I will

give more meaning to my life.

Date to be achieved:

Action (decided by the client)

by:

finding out about undertaking voluntary work as a first step.

Date when this action will be taken

Dates actions are to be reviewed

4. HAVING THE FEELING OF BEING ISOLATED FROM OTHER PEOPLE

Concern (identified by the client)

"I feel lonely most of the time"

Previous Methods of Coping (recalled by the client)

What have you done in the past that was helpful in managing feelings of loneliness?

- wrote away for a pen pal.
- joined the local aerobics group.
- spent time with others in a church group

Goal (selected by the client)

I will

make more contact with existing friends and family

Date to be achieved: _____

Action (decided by the client)

by:

phoning my friend and arranging to go with her to the church group at least once a week

Date when this action will be taken _____

re-establishing contact with my sister with whom I had been close until we argued over a visit to our mother over a year ago.

Date when this action will be taken _____

Dates actions are to be reviewed _____

4. HAVING THE FEELING OF BEING ISOLATED FROM OTHER PEOPLE

Concern (identified by the client)

"I feel isolated and remote, and that I can't respond to people's affection in the way that I think I should"

Previous Methods of Coping (recalled by the client)

What did you do in the past that was helpful in being able to feel close to others?

- tried to think of my family members' good points
- Have tried to invite them around but still find it difficult.

Goal (selected by the client)

I will

re-establish closeness with my family.

Date to be achieved: _____

Action (decided by the client)

by:

making, with the mental health worker, a list of relatives and friends I get along with.

Date when this action will be taken _____

identifying the activities and interests that I could share with each person on the list.

Date when this action will be taken _____

Dates actions are to be reviewed _____

5. RECOGNISING AND EXPRESSING EMOTIONS

Concern (identified by the client)

"I get really angry when I get frustrated and I lash out at whoever is nearby"

Previous Methods of Coping (recalled by the client)

What have you done in the past that has helped you to control your emotions/ anger?

- went for a walk.
- sought the help of the priest.
- tried to figure out on my own what caused me to 'lose it' sometimes when at other times I was able to control my anger.

Goal (selected by the client)

I will

recognise when I'm frustrated so that I don't get to the stage where I will lash out

Date to be achieved: _____

Action (decided by the client)

by:

examining with the mental health worker and writing down the situations that have resulted in me becoming frustrated and lashing out in the past. For example when things aren't completed on time, I get frustrated and angry.

Date when this action will be taken _____

examining with the mental health worker and writing down similar situations that have **not** resulted in me becoming frustrated and lashing out.

Date when this action will be taken _____

Dates actions are to be reviewed _____

6. FEELING OF HAVING CONTROL OVER MY LIFE

Concern (identified by the client)

"I live with my parents and don't have the skills to leave home and live independently in my own place."

Previous Methods of Coping (recalled by the client)

What skills have you got at the moment to live independently?

- I can do my own laundry but can't cook
- I enjoy shopping but have trouble managing my own money.

Goal (selected by the client)

I will

develop the skills to live independently in my own place

Date to be achieved: _____

Action (decided by the client)

by:

requesting a referral to a Living Skills Centre.

Date when this action will be taken _____

contacting the social worker about what sort of accommodation I can obtain

Date when this action will be taken _____

Dates actions are to be reviewed _____

7. BEING MOTIVATED TO DO THINGS

Concern (identified by the client)

"I feel I have no purpose to my life and would like to take charge and have some direction"

Previous Methods of Coping (recalled by the client)

What have you done in the past that has helped you to gain some direction in your life?

- listened to other people and did what they suggested.
- went to the careers advice centre. Some of the things they said I followed though on and others I couldn't follow through with their advice.

Goal (selected by the client)

I will

re-establish reasons for living

Date to be achieved: _____

Action (decided by the client)

by:

narrowing career choices by brainstorming ideas with the mental health worker and then going along to the Career's Advice Centre with the mental health worker.

Date when this action will be taken _____

Dates actions are to be reviewed _____

8. THINKING LITTLE OF MYSELF

Concern (identified by the client)

"I don't feel good about myself and I can't say no to people"

Previous Methods of Coping (recalled by client)

What have you done in the past that helped you to feel good and confident about yourself?

- gave in and went to the pub with John.
- got drunk and this helped me to feel confident.
- tried to follow psychologists advice in praising myself for what I did well e.g. say encouraging things " That was a job well done"
Unfortunately I didn't believe it!
- used positive self talk e.g. told myself I was competent - with the same results

Goal (selected by the client)

I will

be more assertive to my friend John and feel better about myself when doing this

Date to be achieved: _____

Action (decided by the client)

by:

role playing with the mental health worker and saying 'no' to John

Date when this action will be taken _____

Dates actions are to be reviewed _____

8. THINKING LITTLE OF MYSELF

Concern (identified by the client)

"I feel that I've never succeeded at anything and I never seem to do anything right"

Previous Methods of Coping (recalled by the client)

What have you done in the past that you did well and felt good about when you finished it.

- made a shawl for my niece
- crocheted a blanket for a friend's baby
- I use to make great scones
- did a lot of jigsaws

Goal (selected by the client)

Goal (selected by the client)

I will

improve the way I see myself through getting involved in some projects that will succeed

Date to be achieved: _____

Action (decided by the client)

by:

having friends around and making some scones.

Date when this action will be taken _____

treating myself to a new jigsaw

Date when this action will be taken _____

praising myself for a job well done "I know I am competent, I did a good job".

Date when this action will be taken _____

Dates actions are to be reviewed _____

9. HAVING A LACK OF INTEREST IN THINGS

Concern (identified by the client)

"I'm not interested in myself or anything any more, I just stay in my bed all day".

Previous Methods of Coping (recalled by client)

What did you do in the past that was successful in keeping you interested in life and gave you a reason to do things?

- used to be interested in listening to music.
- used to go to pubs to listen to my favourite groups.
- got a haircut,
- bought some new clothes.

Goal (selected by the client)

I will

identify something I have a spark of interest in

Date to be achieved: _____

Action (decided by the client)

by:

discussing with my mental health worker activities/skills that have been enjoyed in the past e.g. exercising, cooking, basket ball, reading, listening to music.

Date when this action will be taken _____

discussing with friends what activities they have enjoyed in the past so as to identify common interests we might follow up.

Date when this action will be taken _____

get someone to go to hear a new group at the pub.

Date when this action will be taken _____

Dates actions are to be reviewed _____

10.FEELING VERY LOW (depressed)

Concern (identified by the client)

"I feel that I don't enjoy anything at the moment and that I never will."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in helping you to enjoy things in your life?

- keeping in touch with my friends and family.
- nothing really, well, things that I was good at helped me to enjoy my life.

Goal (selected by the client)

I will

identify at least one interest that I may get some enjoyment from in the future.

Date to be achieved: _____

Action (decided by the client)

by:

discussing with mental health worker all previous interests that I have enjoyed pursuing and any current interests

Date when this action will be taken _____

discussing with friends their interests so as to identify interests we might share.

Date when this action will be taken _____

arranging to try some out by joining a club or organisation

Date when this action will be taken _____

Dates actions are to be reviewed _____

11. EXPERIENCING SUICIDAL FEELINGS

Concern (identified by the client)

"Life isn't worth living any more"

Previous Methods of Coping (recalled by the client)

What did you do that was successful in helping you to feel better about life in the past?

- have a smoke.
- would ring the Samaritans.
- would take the dog for a walk.

Goal (selected by the client)

I will

get a support structure that I can use to make contact with when I feel suicidal.

Date to be achieved: _____

Action (decided by the client)

by:

renewing my contact with my church group and seeing the minister.

Date when this action will be taken _____

talking now (when I'm feeling okay) to close friends that I feel are capable of supporting me when I do need it

Date when this action will be taken _____

writing out a 'rainy day letter' e.g. When I feel better I can write a letter to myself saying some positive things about myself and read this when I have a 'bad'day. In this way my previous feeling about myself can support me when I'm feeling bad.

Date when this action will be taken _____

Dates actions are to be reviewed _____

D. MY WAYS OF DEALING WITH THINGS

1. COPING WITH MAJOR LIFE EVENTS

(e.g. having a baby, change in job, loss, death, marriage, moving house, divorce)

Concern (identified by the client)

"I recently started a new job, which I enjoy but find that I am often physically and psychologically exhausted at the end of the day."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in managing physical and psychological exhaustion following a day at work?

- watched television or read a book
- went to bed early e.g. 8pm.
- had a warm bath,
- listened to music,
- took a walk,
- relaxation exercises - slow deep breathing exercises.

Goal (selected by the client)

I will

feel both physically and psychologically well with no exhaustion at the end of my working day.

Date to be achieved: _____

Action (decided by the client)

by:

making a list of stressors at work and discussing them with my mental health worker

taking a walk with a friend after work

Date when action will be taken _____

Dates actions are to be reviewed _____

2. POSSESSING SKILLS TO COPE WITH DAY-TO-DAY LIVING

(e.g. reading writing, handling money, getting places on time, making decisions)

Concern (identified by the client)

"I feel anxious about making everyday decisions especially budgeting"

Previous Methods of Coping (recalled by the client)

What did you do that was successful in helping you to feel better about life in the past?

- use of friends and family who were willing to occasionally help me pay my bills.

Goal (selected by the client)

I will

budget independently

Date to be achieved: _____

Action (decided by the client)

by:

working with the mental health worker in identifying things I have problems with and learning to handling them better.

Date when this action will be taken _____

making an appointment with Living Skills with a view of going on some of their programmes

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. POSSESSING SKILLS TO COPE WITH DAY-TO-DAY LIVING

(e.g. reading writing, handling money, getting places on time, making decisions)

Concern (identified by client)

"I have trouble getting to appointments in the morning because I can't get out of bed."

Previous Methods of Coping (recalled by client)

What did you do that was successful in managing to get you out of bed in the past?

- had an enjoyable routine to look forward to in the morning.
- had a reason to get out of bed even just for a smoke.

Goal (selected by the client)

I will

get out of bed each morning at a 'reasonable hour' (before ten o'clock).

Date to be achieved: _____

Action (decided by the client)

by:

getting up for a smoke

Date when this action will be taken _____

organising to have available a number of other activities to look forward to, e.g. reading the morning newspaper, having my favourite cereal for breakfast and later on meeting friends.

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. POSSESSING SKILLS TO COPE WITH DAY-TO-DAY LIVING

(e.g. reading writing, handling money, getting places on time, making decisions)

Concern (identified by the client)

"I always run out of money before my next cheque."

Previous Methods of Coping (recalled by the client)

What did you do in the past that was successful in managing your money?

- got an advance of \$500 from Social Security every year and then pay this back fortnightly.
- got food vouchers.

Goal (selected by the client)

I will

manage my money better

Date to be achieved: _____

Action (decided by the client)

by:

working with the mental health worker in identifying money matters I have problems with

Date when this action will be taken _____

making an appointment with the welfare officer

Date when this action will be taken _____

applying to do some volunteer work with a view of getting paid employment to assist with finances.

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. POSSESSING SKILLS TO COPE WITH DAY-TO-DAY LIVING

(e.g. reading writing, handling money, getting places on time, making decisions)

Concern (identified by the client)

"I am unable to manage my house cleaning."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in the past in managing your house cleaning?

- do one or two of the chores then I give up.
- tried to stretch it out over a couple of days but then I get lazy and don't do it.
- I got home help to show me how to do things.
- discussed my weekly house cleaning tasks with my mental health worker

Goal (selected by the client)

I will

Develop and stick to a routine for house cleaning and stick to it.

Date to be achieved: _____

Action (decided by the client)

by:

arranging for a Living Skills person to come in for a few times and help me establish a routine for my chores (I could make up a list of chores and organise to have as many breaks as I want, crossing off each chore as it is completed)

Date when this action will be taken _____

showing my weekly house cleaning activities to my mental health worker

Date when this action will be taken _____

Dates actions are to be reviewed _____

3. ORGANISING ACTIVITIES THAT GIVE PURPOSE TO MY LIFE
(eg. completing tasks, performance level, finding/keeping a job, academic performance, completing assignments, attendance, leisure and recreational activities)

Concern (identified by the client)

"I feel unfulfilled sitting at home doing nothing each day. I need to get a job"

Previous Methods of Coping (recalled by the client)

What did you do that was successful in applying for work?

- have only been involved in work experience with school.
- did walk in to Coles one day and got a job for a short time in the fruit and vegetable section but I left as the boss was always shouting at me.

Goal (selected by the client)

I will

find a job

Date to be achieved: _____

Action (decided by the client)

by:

identifying the type of work I have done in the past and would like to do now

Date when this action will be taken _____

looking though the paper at what type of work is being offered at present to get ideas about the type of work I might like to do.

Date when this action will be taken _____

contacting a volunteering organisations to see if I might like to join and do some volunteer work.

Date when this action will be taken _____

contacting an employment agency to talk about employment and the possibility of learning keyboard and computer skills.

Date when this action will be taken _____

Dates actions are to be reviewed _____

3. ORGANISING ACTIVITIES THAT GIVE PURPOSE TO MY LIFE
(eg. completing tasks, performance level, finding/keeping a job, academic performance, completing assignments, attendance, leisure and recreational activities)

Concern (identified by the client)

"I am experiencing stress in the workplace"

Previous Methods of Coping (recalled by the client)

What did you do that was successful in minimising stress in your job?

- talk to friends about my workplace.
- listen to relaxation tapes when I get home
- reward myself at the end of the week for a job well done.
- take a day off rather than going into work feeling strange

Goal (selected by the client)

I will

work out ways to cope at my job so that I don't break down altogether

Date to be achieved: _____

Action (decided by the client)

by:

working with mental health worker in identifying the stressors in the workplace and my responses to them

Date when this action will be taken _____

reviewing more closely with the mental health worker the ways I have successfully coped with the experience of stress

Date when this action will be taken _____

Dates actions are to be reviewed _____

3. ORGANISING ACTIVITIES THAT GIVE PURPOSE TO MY LIFE
(eg. completing tasks, performance level, finding/keeping a job, academic performance, completing assignments, attendance, leisure and recreational activities)

Concern (identified by the client)

"When I get sick I get behind in my assignments at TAFE"

Previous Methods of Coping (recalled by the client)

What did you do in the past that was helpful in managing your studies?

- had a time table to make sure that I planned my study.
- as a stress release I went out every Friday, with my friend, for fish and chips,

Goal (selected by the client)

I will

make provision to complete my two units regardless of becoming ill

Date to be achieved: _____

Action (decided by the client)

by:

making an appointment to speak to the Disability Support Officer at Tafe for support and assistance with current workload and for information on options if I do become unwell

Date when this action will be taken _____

Dates actions are to be reviewed _____

Goal (selected by the client)

I will

minimise risk of becoming ill through decreasing stress at Tafe

Date to be achieved: _____

Action (decided by the client)

by:

identifying fellow students that could act as support persons,

Date to be achieved: _____

discuss ways of improving study skills e.g. attend study skills workshop
Date to be achieved: _____

Dates actions are to be reviewed _____

4. EXPERIENCING 'HYPER' BEHAVIOUR

Concern (identified by client)

"When I am manic I go shopping with money I don't have and end up owing huge amounts and having to get out of these financial problems I create."

Previous Methods of Coping (recalled by client)

What did you do that was successful in managing to control your behaviour when you are manic?

- lived at home with my parents and that worked well.
- forced myself to wait to the right time to do things, instead of just barging in
- brace myself physically - take a deep breath, stand straight, and focus on staying in control
- have to rely on others to be aware of signs of my becoming high

Goal (selected by the client)

I will

have support that I can use when I think I am going into a manic phase.

Date to be achieved: _____

Action (decided by the client)

by:

contacting and joining a self help group to get support from people in similar circumstances

Date when this action will be taken _____

identifying with the mental health worker things that trigger my change in mood

Date when this action will be taken _____

Dates actions are to be reviewed _____

5. HAVING THE SENSE OF COMPULSION TO CARRY OUT SPECIFIC ACTIONS (HAND WASHING, EATING, HURTING MYSELF)

Concern (identified by the client)

"I can't stop certain thoughts from occurring. I don't go out to the shops because I feel that things are contaminated". I get so anxious by it all.

Previous Methods of Coping (recalled by the client)

What did you do that was successful in managing your anxiety related to the compulsive behaviour in the past?

- got other people to do my shopping.
- stayed at home as much as possible.
- talking to a good friend
- turning the television up so I don't have to think about it
- tried to pamper myself by having a warm bath, listening to music, taking a walk, performing simple exercises, doing deep breathing relaxation exercises
- changed my life so to reduce stressors including changing from stressful job, moving away from family who were causing me anxiety.

Goal (selected by the client)

I will

reduce my level of anxiety

Date to be achieved: _____

Action (decided by the client)

by:

pampering myself with activities that help me to relax

Date when this action will be taken _____

reviewing with the mental health worker aspects of my life that cause me to become anxious and ways I used in dealing with them

Date when this action will be taken _____

contacting Obsessive Compulsive Disorder Self Help Group to get support and discuss ways others have reduced their anxiety

Date when this action will be taken _____

Dates actions are to be reviewed _____

6. BEING CONTENT WITH INTIMATE AND SEXUAL RELATIONSHIP THAT I HAVE

Concern (identified by the client)

"I don't know why people get upset with me when I put my arms around them. I'm just trying to be friendly."

Previous Methods of Coping (recalled by the client)

What did you do in the past that showed your affection for people without putting them off?

- asked them out but they laughed at me.
- got some flowers for the lady next door, she was happy about that.

Goal (selected by the client)

I will

display acceptable ways of showing my affection for people without putting them off.

Date to be achieved: _____

Action (decided by the client)

by:

discussing with the mental health worker my understanding of 'rules' of expressing personal feelings and incidences of appropriate and inappropriate expressions of feelings

Date when this action will be taken _____

talking to friends about the impressions I give to others in expressing personal feelings

Date when this action will be taken _____

arranging a meeting with the Sexuality Education Counselling and Consultancy Agency (SECCA).

Date when this action will be taken _____

Dates actions are to be reviewed _____

7. USING LEGAL AND ILLEGAL DRUGS (ALCOHOL, AMPHETAMINES, ECSTASY, CAFFEINE ETC).

Concern (identified by client)

"I can never just have a few drinks, I always drink until I'm drunk or my money runs out."

Previous Methods of Coping (recalled by client)

What did you do that was successful in managing your alcohol consumption in the past?

- would only take thirty dollars with me to the pub. Sometimes I would go home and get more though.

Goal (selected by the client)

I will

be able to go to the pub and have only one or two drinks.

Date to be achieved _____

Action (decided by the client)

by:

stop drinking when I go to the pub before my money runs out

Date when this action will be taken _____

talking to my friends that I go to the pub with about my problem

Date when this action will be taken _____

attend the Central Drug Unit/ Holyoake/Palmerston/AA to improve my self control

Date when this action will be taken _____

Dates actions are to be reviewed _____

8. ACTING IN A DANGEROUS WAY (TAKING RISKS, HARMING MYSELF, RISKING HARM TO OTHERS)

Concern (identified by client)

"I enjoy smoking a bit of mull but it makes me feel paranoid"

Previous Methods of Coping (recalled by client)

What did you do that was successful in helping you manage your smoking mull in the past?

- tried to give up in the past by stopping on my own but it didn't work for long
- talked to my family when things get out of control
- stopped seeing my friends and I stopped smoking for a while but then I started meeting up with them again
- Phoned drugs hotline

Goal (selected by the client)

I will

socialise with different friends who do not smoke dope

Date to be achieved _____

Action (decided by the client)

by:

renewing my involvement with my church group

Date when this action will be taken _____

talking to my mental health worker about why I was unsuccessful in stopping seeing my friends when I tried before

Date when this action will be taken _____

Dates actions are to be reviewed _____

8. ACTING IN A DANGEROUS WAY (TAKING RISKS, HARMING MYSELF, RISKING HARM TO OTHERS)

Concern (identified by the client)

"I get angry when I allow frustrations to build up and can give whoever is nearby a really good serve

Previous Methods of Coping (recalled by the client)

What have you done in the past that has helped you to control your anger?

- went for a walk
- had a thirty minute go at the punching bag
- having to apologise to my family in the morning for my behaviour
- talked to the minister about my problems

Goal (selected by the client)

I will

stop the build up of the sense of frustration

Date to be achieved: _____

Action (decided by the client)

by:

identifying, with my mental health worker, patterns of incidences leading to my outbursts, the outbursts and the consequences

Date when this action will be taken _____

contact a Domestic Violence Anger Management Organisation.

Date when this action will be taken _____

Dates actions are to be reviewed _____

8. ACTING IN A DANGEROUS WAY (TAKING RISKS, HARMING MYSELF, RISKING HARM TO OTHERS)

Concern (identified by the client)

"I enjoy spending money and spend lots at the casino. Even if things get too much for me I rarely just pack up and go."

Previous Methods of Coping (recalled by the client)

What did you do that was successful in managing impulsive acts in the past?

- tried to limit my credit.
- usually block my emotions when I do something really silly and use deep breathing to get myself through it
- pretend the event is not really happening. Permit myself to experience a sense of unreality, to feel as if it were all happening in a dream

Goal (selected by the client)

I will

kick my gambling habit.

Date to be achieved: _____

Action (decided by the client)

by:

contacting Break Even (counselling service)

Date when this action will be taken _____

talking to someone I trust about the problems I am having

Date when this action will be taken _____

Dates actions are to be reviewed _____

E. GETTING ON WITH OTHERS

1. HAVING CLOSE/DISTANT/CONFLICTUAL RELATIONSHIPS WITHIN FAMILY

Concern (identified by the client)

"I don't have a very good relationship with my family, I usually end up screaming at my parents."

Previous Methods of Coping (recalled by the client)

What did you do in the past that was successful in dealing with family relationships?

- if I felt I was getting upset with them I didn't contact them for a few weeks.
went and talked to my best friend about my parents.

Goal (selected by the client)

I will

express feelings towards my parents in realistic terms and demonstrate calm, consistent emotions when interacting with them

Date to be achieved: _____

by:

talking to the mental health worker about past and present feelings about family relationships and about ways of improving relationships

Date when this action will be taken _____

obtaining an appointment with a relationships counsellor if considered appropriate after discussions with my mental health worker

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. HAVING CLOSE/DISTANT/CONFLICTUAL RELATIONSHIPS WITH FRIENDS, COLLEAGUES, NEIGHBOURS

Concern (identified by client)

"I haven't got many friends and I don't know how to make them."

Previous Methods of Coping (recalled by client)

What did you do in the past that was helpful in getting along with people?

- in the past I have just tried doing what suited other people so they would like me.
- spent time doing things together such as going to the footie, shopping, movies, sharing a meal.

Goal (selected by the client)

I will

re-establish contact with old friends

Date to be achieved: _____

Action (decided by the client)

by:

ringing them up and suggesting doing something that I enjoy and that I know they enjoyed doing .

Date when this action will be taken _____

Dates actions are to be reviewed _____

F MY ENVIRONMENT

1. HAVING ACCESS TO SERVICES

Concern (identified by client)

"I am on a pension and haven't had a break or holiday for 7 years. The only time I get away from my parents is when I am admitted to hospital"

Previous Methods of Coping (recalled by client)

What did you do in the past to have a break?

- visited my grandparents in Queensland but they are too old to put me up.
- went to a Clubhouse Conference in Sydney but I am no longer a member of Clubhouse.

Goal (selected by the client)

I will

Apply for any opportunities available for respite or holiday breaks

Date to be achieved _____

Action (decided by the client)

by:

ring to make an appointment with the local Mental Health Association to see if they provide any funds or know of any funding that I can apply for

Date when this action will be taken _____

See if there are any house sitting opportunities on the web so I can have a change

Date when this action will be taken _____

Dates actions are to be reviewed _____

2. LIVING IN ACCEPTABLE ACCOMMODATION

Concern (identified by client)

"The hostel I live in is not safe. I am frightened because the lock on my room door is not secure."

Previous Methods of Coping (recalled by client)

What did you do in the past that dealt with this problem?

- The hostel worker is unapproachable so I spoke to my friend 3 weeks ago who said he'd fix it. He hasn't done so yet.

Goal (selected by the client)

I will

have the lock fixed or replaced

Date to be achieved:

Action (decided by the client)

by:

arranging to see the hostel manager with another tenant who has a problem with her window

Date when this action will be taken

Dates actions are to be reviewed

G. MY SPIRITUAL EXPERIENCES

1 BEING SATISFIED WITH MY UNDERSTANDING OF MY LIFE AND AFTERLIFE

Concern (identified by client)

"At times I feel desolate. I have lost my faith in God helping me with my life"

Previous Methods of Coping (recalled by client)

What did you do in the past that was helpful restoring your faith?

- prayed
- spoken to church friends
- read the bible
- spoken to minister

Goal (selected by the client)

I will

re-establish contact with God

Date to be achieved: _____

Action (decided by the client)

by:

contacting a friend from the church.

Date when this action will be taken _____

attending a Sunday service

Date when this action will be taken _____

Dates actions are to be reviewed _____