

TELLING YOUR STORY

As a guest in our Living Room, we would like to get to know you. We believe that when it comes to who you are, you are the expert about you. So, rather than relying on other people's reports about you, we would like you to tell us about yourself.

Telling our story helps us recover. Some great things begin to happen for us, when we tell our story. We can see how far we have come and how we have made it through tough times. We can re-discover our strengths and find that some of our under-appreciated qualities have helped us to survive and grow even stronger.

As we share our story with others, we can connect and get support to help us get even stronger. And, others can gain hope by hearing what we have overcome. So, we invite you to share your experiences with us. We will be delighted to listen and would even welcome the opportunity to share some of our story with you.

Your Name: _____

Today's Date: _____

LIVING SITUATION:

This is how I would describe my current residence: _____

Do you live with other people and if so, what can you tell us about them? _____

Here is what I like about where I live: _____

Is there anything you would like to change about it? What? _____

LEISURE AND RECREATION:

My favorite things to do lately are: _____

I wish I could do things like: _____



Psychiatric Recovery Center – West
11361 N. 99th Ave #402
Peoria, AZ 85345
602-650-1212 (phone)
623-972-6173 (fax)

Revised on: 07-14-09
File Location: TBD

Telling Your Story – English - PRCW
Page 1 of 3

TELLING YOUR STORY

FRIENDS AND FAMILY: Support from friends and family is an important part of recovery. What is a friend?

A good friend is someone who...

- Accepts you as you are without judgment
- Can laugh and be playful with you
- Is on your side and empathizes with you
- Recognizes your strengths
- Isn't always trying to change you

I know the following people who match this description: _____

This is how they help me: _____

These are things I would need to do to make more good friends: _____

Are there things about your family that don't work out the way you would like them to? If you like, put them in your story? _____

Would you like to have your family or friends participate with you while you are a guest here? _____

Would you like your family or friends to help you with your plans when you leave here? _____

RELIGION AND SPIRITUAL ORIENTATION:

Is there anything you would care to put in your story about your spirituality? What? _____

Are there any religious practices or spiritual beliefs that are important to you today? What? _____



TELLING YOUR STORY

Do you want to do any of these things while you are here? _____

Your Name: _____ Today's Date: _____

FINANCIAL/LEGAL/MILITARY:

Income and financial issues can be important in our story. If you wish, write down any information about your financial situation that is important to you today. _____

Legal issues or problems can also play a role in our story. Do you want to add anything about legal issues to your story? _____

Military? _____

GRIEF:

When we lose people we care about (including our pets), it can throw us off balance. Add to your story any losses that are still affecting how you feel today. _____

YOUR STRENGTHS:

Like all of us, you are a survivor. You have overcome a lot in your life. We recognize you as a wonderful and special person. Why not conclude your story with a couple things that you really like about yourself. These are the things that will move you forward on your journey of recovery. Don't worry if you are drawing a blank here. It will be easy for us to help you discover yourself as that wonderful and special person that is really you.

What I really like about myself is: _____

