

Personal Recovery Measure

Thinking about yourself and your life at this moment...		Untrue	A bit true	Mostly true	Completely true)
1.	you try to live your life in a way that prioritises your health				
2.	You do things that are important to you				
3.	You make an effort to discharge your responsibility				
4.	There is something you can contribute to family life				
5.	You do things that help your neighbours				
6.	You can handle it if your illness gets worse				
7.	You are hopeful about your own future				
8.	You know what helps you get better				
9.	If you keep going, things can get better				
10.	You can live a life like others in your community				
11.	You can identify the early warning signs of becoming unwell				
12.	You know you can use the available mental health services				
13.	Though you still have symptoms, you can still manage to do things				
14.	Going through so many things, you have learned how to survive				
15.	You can manage stress in your life				
16.	You have people that you can count on when needed				
17.	You have people that can depend on you				
18.	You feel ease about your family situation				
19.	Your neighbours give you the place you deserve				
20.	Your progress is also noticed by other people				