

Moving Forward

We all have a vision of what kind of life it is we want to live. And we make efforts to achieve this type of life in many different ways. We seek the kind of friends we most like, have hobbies we enjoy, and go to school or work.

You have probably done many things to create the kind of life you want to live. Then the psychosis came out of nowhere and likely stopped you from doing many things like hanging out with your friends or going to work or school. Maybe in your free time you were interested in art, music, movies or sports.

With the psychosis, the focus of your life likely changed to seeing mental health professionals, learning about psychosis, taking medication, and maybe going to groups with others that have also experienced psychosis.

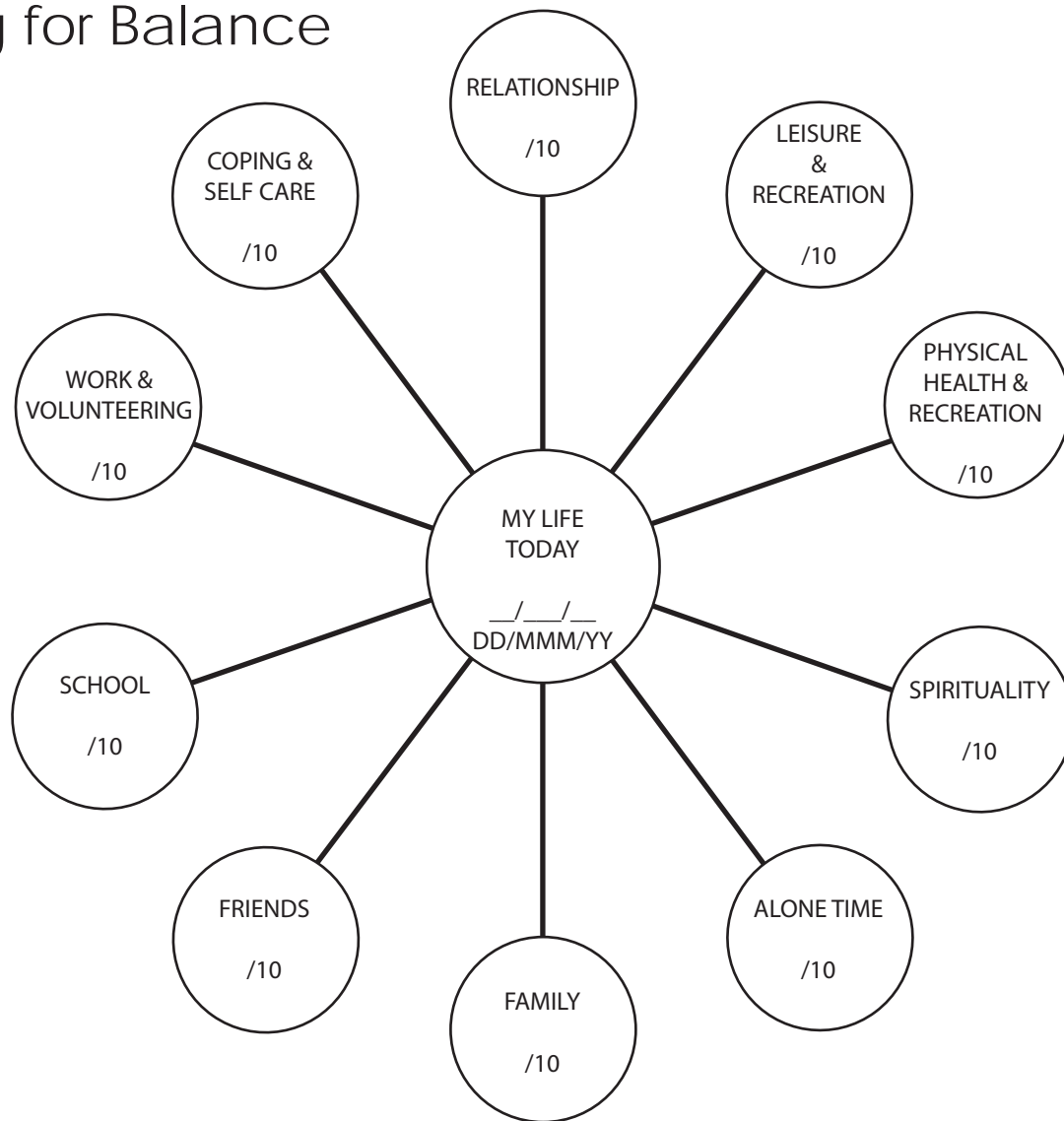
Now that you are recovering, you want to move forward. What do you think it will take to make it happen?

Knowing Where to Make Changes

In the diagram on the next page, take a look at the many different areas of life. Indicate out of “10” how satisfied you are with each area of your life. A low score means that this area of your life is not going well. A high score means this area of your life is going well and that you are generally satisfied with it.

After you have taken a closer look at how satisfied you are with each area of your life, you should have a good idea about how you want to change things.

Striving for Balance



Steps to using this tool:

1. Describe each area of your life in the spaces around each circle.
2. Give each a satisfaction score out of 10, with 10 being very high satisfaction, and 1 being very low satisfaction.
3. Notice how many areas you have scored above 5/10. These are the areas that you are generally satisfied with. Those areas you scored below 5/10 are the areas that you likely want to make changes to.

Making Changes

Now that you have a good idea as to what changes you want to make, what you have to do next is decide how to actually go about making these changes.

Pick one small change you want to make within the next week.

You may want to use the goal setting worksheets to help guide you in making this change. It's a good idea to work on this with your EPI Clinician, as he or she will be able to provide you with some support.

One step at a time.

You may have a lot of changes you want to make to your life, but it's best to start with one small change at a time.

You can always work on changing other parts of your life a bit later and your chances of success are higher if you don't try to do too much at once.

Be patient with yourself – moving forward with your life will take time. Remember that it's simply part of life that we don't always get everything that we want. This is true for everyone. So don't be hard on yourself if you don't achieve one of the things you were working toward. There is so much that you will achieve!