

Recovery Star Action Planning Worksheets

Commissioned and published online by

Mental Health Providers Forum

12 Old Street

London, EC1V 9BE

www.mhpf.org.uk

Authors

Sara Mousley and Lucie Duncan

<http://www.solutionfocusedot.com>

Editing by Yetunde Onifade Mental Health Providers Forum

Copyright © 2011 Mental Health Providers Forum

Some rights reserved

You are free to share, copy, distribute and display this publication under the following conditions:

- You must attribute the work to the copyright holders in the manner specified above
- You may not use this work for commercial purposes
- For any reuse or distribution you must make clear to others the license terms of this work

Published January 2012

Introduction to worksheets

These worksheets incorporate a solution focused approach to working with people. This approach encourages useful conversations that promote recovery by exploring possibility for change and identifying individual's strengths and resources. It helps us to see every individual as unique in the way that they think about themselves, how they do things, how they make sense of the world and how they change. This approach asks us to treat people as the experts in all aspects of their lives and to genuinely listen to their ideas for change. This is a positive, refreshing and respectful approach to use when working with people on their Recovery journey.

This series of worksheets is intended for use by people to get the most out of their Recovery Star. There are 8 general worksheets and 10 specific worksheets that correspond to each dimension within the Star. The general worksheets can be used at any stage of collaboration and goal planning. The worksheets are best used when an individual has time to reflect.

The worksheets will be useful in the following ways:-

1. To clarify goals. The worksheet can help elicit important information that contributes to constructing solutions. They can help people gain insight into the qualities they possess and then enable them to work more in this area.
2. As part of the process, working in more detail on a particular area of their Star. They can help inform action plans by looking in detail about what the person wishes to achieve.
3. As homework. It may become apparent when completing a Recovery Star that further thought or work on a particular area would be useful. Completing a worksheet gives someone a structure to work with independently or with their family/ friends/ carers to bring back to the next session.
4. To celebrate success, identify strengths, resources and unique ways of managing life

It can be affirming as well as rewarding to complete a worksheet and see one's positive aspects in black and white. An apparently simple task such as completing a worksheet may lead to awareness of strengths and resources that the person may have forgotten or neglected through a difficult period in their life.

Getting the most from the Recovery Star 10 point ladder

Questions to ask;

1. Why X and not X?
2. What is already happening for you to be at x on the ladder? What else? (Get detail)
3. What step would represent good enough for you? (may not be 10)
4. What needs to happen for you to move another step up this ladder? What else? (Get detail)
5. How will you know you've got there?
6. How motivated are you to get there?
7. When you are another point up this ladder, what will you notice? What will you be doing/feeling/thinking? What will others notice?
8. What resources will help you to move up this ladder?

Reviewing the Recovery Star Ladder

Questions to ask;

1. What's been going well/What's better?

What else? (Get detail)

2. What have you noticed/What have significant others noticed?

3. How did you do that?

How could you do more of that?

4. What needs to happen for you to move another step up this ladder?

5. How will you know you have moved up to x?

General Worksheet 1

My current star rating is....

Date...

How will I know that I am moving up mystar ladder?

What will I be doing?

What different things will be happening?

What will others notice?

I know I can succeed in achieving my action plan goal because.....

People that can help me achieve my action plan goal are.....

General Worksheet 2

Date...

Once you know what works, do more of it!

If it doesn't work, then try something different!

Please reflect on what you are doing, saying, thinking

Things that work for me are.....

I feel more able to take control when.....

I feel better able to move forward when.....

I know I am moving in the right direction when I notice....

General Worksheet 3

Date...

The strengths and qualities that I have are....

Other people have noticed I have the following strengths and qualities (if you don't know, ask!) ...

Times when I have used these strengths and qualities are.....

General Worksheet 4

Me and my resources

Date...

The things I like about myself are.....

Things I have done that I am proud of are.....

I have these strengths and qualities.....

The people who are there for me are.....

Things I can do.....

(What does it take to be good at that?)

General Worksheet 5

Date...

Before I next see my Recovery Star worker I will notice and write down any positive things that I want to continue happening in my life and any small signs of change.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1. Managing Mental Health

My current star rating is.....

Date...

I will know I am managing my mental health when.....

I will notice.....

I will be doing more of.....

Others will notice.....

My next small step to help me move up the ladder will be to.....

2. Physical Health & Self Care

My current star rating is.....

Date...

I will know I am taking care of myself when I am.....

Other people will notice.....

A healthy way of life for me would mean I would be

- feeling....

- doing more of.....

- doing less of.....

My next small step to help me move up the ladder will be to.....

3. Living Skills

My current star rating is.....

Date...

What I am already doing that tells me I can live independently.....

I will know I am making progress in this area when.....

Others will know my living skills are improving when they see I am.....

My next small step to help me move up the ladder will be to.....

4. Social networks

Think about your interests....

In the past I have enjoyed/been part of	Presently I enjoy/ am part of	In the future I plan to

I will know I am part of something when.....

When I am part of something, others will notice.....

5. Work

My current star rating is.....

Date...

I will know I am ready to work when....	I am good at.....
I am passionate about.....	I enjoy.....

My next small step to help me move up the ladder will be to.....

6. Relationships

My current star rating is.....

Date...

I know when relationships satisfy me when....	What I notice when I am feeling close to someone.....
I will know I am moving forward in this area when.....	Others will notice I am.....

My next small step to help me move up the ladder will be to.....

7. Addictive Behaviour

My current star rating is.....

Date...

When I am in control of my addictive behaviour I will notice.....

My strengths that will help me make changes are.....

I have confidence that I can change this because.....

People/resources I have to support me are.....

My next small step to help me move up the ladder will be to.....

8. Responsibilities

My current star rating is.....

Date...

I am already meeting these responsibilities.....

When I am living responsibly.....

....I noticeothers notice
....I am engaging more in	...I am engaging less in

My next small step to help me move up the ladder will be to.....

9. Identity and Self Esteem

My current star rating is.....

Date...

Positive experiences I have had	My achievements
My skills and abilities	What I like about myself
My strengths and qualities	3+ words I would use to describe myself are

My next small step to help me move up the ladder will be to.....

10. Trust and hope

My current star rating is.....

Date...

What have I done to sort out difficult situations in the past?

I will know that I am beginning to have a sense of hope again when.....

Others will notice I am.....

In difficult times I can rely on....

What lets me know that I will be ok?

My next small step to help me move up the ladder will be to.....

Questions to ask when people are not feeling well enough to move forward through the Recovery Star Ladder of Change.

If a person cannot begin to look forward, or is not ready to move you could ask.

How do you cope?

How do you get by?

What are you doing that is helping you get through the day?

What are you doing to stop things getting worse?