

# Personal Recovery Plan

For: Linda Assisted by: Helen Date: 6-11-07

**What I would like to achieve (something that is meaningful for me):**

I want to learn how to better control voices so I feel more comfortable going out in public.

**Why is this important to me:**

I want to feel and be a part of things

Measurable Short-Term Steps	Responsibility	Date To Be Accomplished	Date Accomplished	Comments:
1. Update Strengths Assessment to identify what is currently helpful now or has been in the past.	Linda and Helen	6-11-07	6-11-07	See S.A. for updated info
2. Identify current triggers related to voices	Linda and Helen	6-11-07	6-11-07	Voices are worse when I am alone at night or when I feel stressed
3. Take Strengths Assessment to group supervision to get additional ideas on dealing with voices	Helen	6-13-07	6-13-07	Gave list ideas to Helen on 6-18-07
4. Talk to psychiatrist about possible med choices available that might help with voices	Helen and Linda	7-10-07		Helen will wait until regularly scheduled meeting with psychiatrist. Until then she will keep weekly log of how meds are doing
5. Talk to landlord about getting a dog. What is the size limit?	Linda	6-18-07	6-18-07	Size limit is 20lb, plus \$100 pet deposit.
6. Look into Voice Hearers support group on internet.	Linda and Helen	6-18-07	6-18-07	Linda decided to sign up.
7. Spend a few days this week reading what other people have to say in the online groups.	Linda	6-25-07	6-25-07	Linda found the message boards helpful to read. Liked ideas about yoga techniques.
8. Research yoga and meditation techniques on internet	Linda and Helen	6-25-07	6-25-07	Found a few sites to get started.
9. Go out to mall and walk and practice breathing exercises	Linda and Helen	7-2-07	7-02-07	Breathing exercises helpful, but most helpful having someone there with me.
10. Visit animal shelter to look at dogs.	Linda and Helen	7-2-07	7-02-07	Saw a few dogs she liked. Still unsure how to come up with deposit.
11. Talk to brother about covering the costs of the deposit for dog.	Linda	7-9-07		
12. Talk to supervisor about possible use of flex funds to cover part of deposit.	Helen	7-9-07		