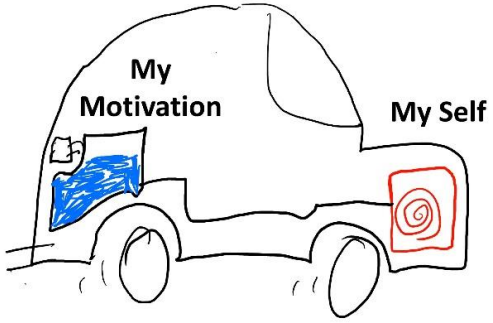
Taking Charge of your life

The Inpatient/ OPD Workbook

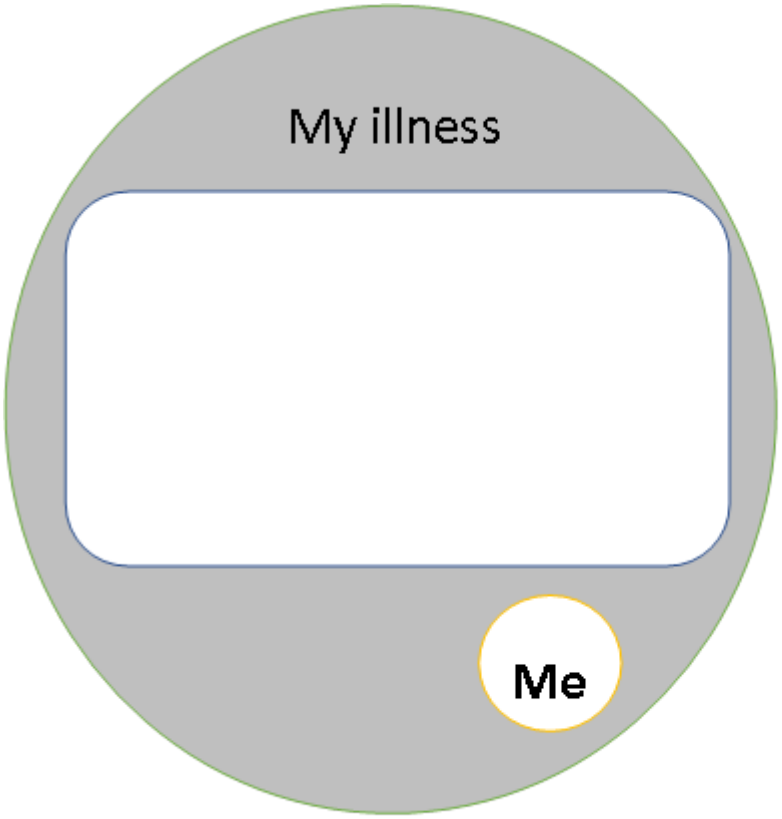




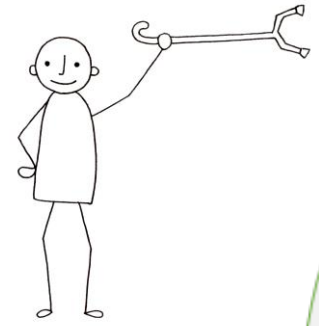
Authors: Harry McNaughton, Vivian Fu, Judith Riley. Email any questions to harry.mcnaughton@mrinz.ac.nz
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1. Taking charge: who I really am

First, describe any problems, for example:
weak, pain, headaches, hard to talk, hard to walk, hard to see, hard to think, tired, lonely, sad, can't work, need help



A patient with an illness



Second, describe yourself – what makes you 'you'. For example: *Mother, daughter, wife, grandma, choir member, gardener, reader, teacher, friend, joker, volunteer, strong, happy, energetic, loving, warm, kind, gentle and lots more!*



A person who happens to have a medical condition

2. Looking beyond my medical condition



Overall hopes, aims, aspirations for next 12 months

1.

2.

3.



Main fears

1.

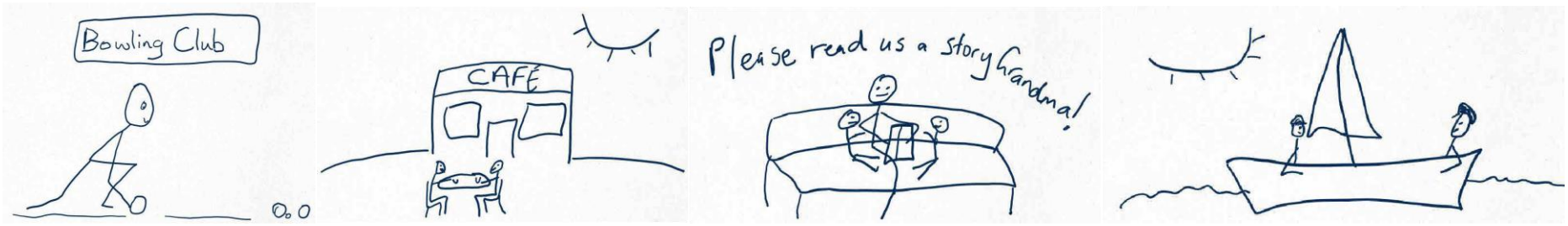
2.

3.



Take charge involves listening to people and helping people find the tools they need for self-determination. People chart their own path to recovery guided by what matters to and works for them.

3. What would my Best Day look like?



Draw a picture of your best day here. Friends and family may also want to draw something.

For people who don't feel like drawing, an alternate strategy is to ask the person to close their eyes and visualise their best day and to describe it. (A support person or the facilitator might draw what is described or write a verbatim description.)