

## Healing Measure

Directions: I would like to ask you some questions having to do with your well-being, emotional state and other aspects of your life. For each statement I read, please give me 1 of 4 answers; that is, tell me if you strongly agree, agree, disagree, or strongly disagree. If the statement does not in any way apply to you or your situation, tell me. Please try to answer as carefully as you can. The first part of the question has to do with your thinking at this point in time. The second part asks how you felt within the past six months.

	Strongly Agree	Agree	Disagree	Strongly Disagree	
1. I recognize that some people care about me.	4	3	2	1	
Within the past 6 months...  __					
2. I have a sense of being in control of myself and my life.	4	3	2	1	
Within the past 6 months...  __					
3. I have regained my sense of humor.	4	3	2	1	NA
Within the past 6 months...  __					
4. I do not see myself as sick nor allow other people to see me as sick.	4	3	2	1	
Within the past 6 months...  __					
5. I have hope about my present situation.	4	3	2	1	
Within the past 6 months...  __					
6. I remember abuse but am not overwhelmed by it.	4	3	2	1	NA
Within the past 6 months...  __					

	Strongly Agree	Agree	Disagree	Strongly Disagree	
7. I am not making satisfactory connections with others.	4	3	2	1	
Within the past 6 months...  __					
8. I feel spiritually in touch.	4	3	2	1	
Within the past 6 months...  __					
9. I am aware of and respect the feelings of others.	4	3	2	1	
Within the past 6 months...  __					
10. I cannot trust my decisions.	4	3	2	1	
Within the past 6 months...  __					
11. My inside voices are less bothersome	4	3	2	1	NA
Within the past 6 months...  __					
12. I am able to focus on tasks at hand whatever they may be.	4	3	2	1	
Within the past 6 months...  __					
13. I have deliberately hurt myself.	4	3	2	1	NA
Within the past 6 months...  __					
14. I have decreased self-confidence.	4	3	2	1	
Within the past 6 months...  __					
15. My self-inflicted violence has decreased.	4	3	2	1	NA
Within the past 6 months...  __					

	Strongly Agree	Agree	Disagree	Strongly Disagree	
16. I am knowledgeable and informed about medication.	4	3	2	1	
Within the past 6 months...  __					
17. I feel I have a lot of energy.	4	3	2	1	
Within the past 6 months...  __					
18. I feel in control of my eating habits.	4	3	2	1	NA
Within the past 6 months...  __					
19. I am feeling less alive and in my body.	4	3	2	1	
Within the past 6 months...  __					
20. My fearful ideas have increased.	4	3	2	1	NA
Within the past 6 months...  __					
21. I have insight into what leads to my crises and so I can think of ways to change.	4	3	2	1	
Within the past 6 months...  __					
22. I am sleeping well.	4	3	2	1	
Within the past 6 months...  __					
23. I feel like I have a valuable contribution to make.	4	3	2	1	
Within the past 6 months...  __					
24. I don't care about my body and don't take care of it.	4	3	2	1	
Within the past 6 months...  __					

	Strongly Agree	Agree	Disagree	Strongly Disagree	
25. I can say no.	4	3	2	1	
Within the past 6 months...  __					
26. I feel like working.	4	3	2	1	
Within the past 6 months...  __					
27. I feel like I have access to adequate support in my community.	4	3	2	1	
Within the past 6 months...  __					
28. I can tell what is real and what is not.	4	3	2	1	
Within the past 6 months...  __					
29. My awareness of different ways of healing is increasing.	4	3	2	1	
Within the past 6 months...  __					
30. I have a healthy interest in sex.	4	3	2	1	
Within the past 6 months...  __					
31. I can cry.	4	3	2	1	
Within the past 6 months...  __					
32. I am taking an active role in decisions about medication.	4	3	2	1	NA
Within the past 6 months...  __					
33. I care about myself.	4	3	2	1	
Within the past 6 months...  __					

	Strongly Agree	Agree	Disagree	Strongly Disagree
34. I become hostile when I express my feelings. Within the past 6 months...  __	4	3	2	1
35. I am able to listen when people talk to me and about me. Within the past 6 months...  __	4	3	2	1
36. I am able to express feelings of anger. Within the past 6 months...  __	4	3	2	1
37. I am not able to give and receive love. Within the past 6 months...  __	4	3	2	1
38. I have enough resources to live well. Within the past 6 months...  __	4	3	2	1
39. I have increased self care. Within the past 6 months...  __	4	3	2	1
40. I feel safe. Within the past 6 months...  __	4	3	2	1

