Self-Assessment of DBT-ACES Recovery Goals

Name: _____ Months into DBT-ACES: _____ Date: _____

1. Please note how far you have come on each of these recovery goals that are the focus of DBT-ACES on the following scale and check which recovery goals you are currently working on with your individual therapist.

0 = Not thought about it or talked about it
1 = Thought or talked about it, no action, don't want to
2 = Thought or talked about it, no action, want to
3 = Tried to do/get it but couldn't
4 = Trying to do it, can do/have it, once or twice
5 = Trying to do it, can do/have it, not reliably
6 = Do/have this reliably, still have problems being effective
7 = Do/have this reliably, this problem is essentially solved

Recovery Goals	Number	√ if current target
Living Wage Employment and Off Psychiatric Disability		
Choose a career path to living wage employment knowing its fit with your wise mind values and talents as well as the practical issues of pay, health insurance, leave and retirement benefits, hours, shift times, required training or certification, and routes to advancement		
Demonstrates capability to financially support yourself (and your family) in your chosen career without psychiatric disability payments or partner/family's income		
Demonstrate capability to financially support yourself (and your family) in at least one fall-back job without psychiatric disability payments or partner/family's income (if needed)		
Sufficient health insurance to maintain health care and medications		
Better than 90% follow-through at work on attendance, being on time, appropriate dress and manner, following directions, and job tasks		
Interpersonal Proficiency		
Interpersonally easy to work/be with – even with difficult people and during stressful times		
Demonstrate capability to regulate emotional expression and actions and find wise mind in all interpersonal situations – even with difficult people and during stressful times		
Know your wise mind personal limits and act on them with yourself, employer, friends, family, colleagues, and members of your community		
Receive praise, raises, promotions, and offers for more desirable jobs and roles within your community		
Life Outside Work *(note – these categories are expected to overlap)*		
Have at least a couple of local and/or long-distance friends whose values align with yours		
Have at least one person or group for casual interactions (e.g., lunchroom, church, coffee, movie, book club, volunteer organization)		
Have at least one close support with whom you experience intimacy and discuss private issues (who is not your therapist)		
Have at least one local person or group who would notice you were not around and would take action to find you		
Be an active member of an organized recreational activity that is either fun or meaningful and not related to mental health (e.g., volunteer organization, church, sports teams, Spanish lessons, ballroom dancing)		
Disengage from relationships with family members that are ineffective or destructive		
Disengage or end friendships that are ineffective or destructive		
Choose relationships based on evidence that they are compatible in their lifestyle, needs, and values		
Take steps to find an effective and rewarding romantic relationship (if desired)		
Emotional Proficiency		
Able to experience negative emotions building, staying, and falling mindfully – not avoiding, rushing them along, or mentally moving into a different moment		
Able to experience positive emotions building, staying, and falling mindfully – not avoiding, rushing them along, or mentally moving into a different moment		
Able to reduce problematic emotions effectively and fast enough to prevent them leading to problems		

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Self-Assessment of DBT-ACES Recovery Goals (cont.)

Please note how far you have come on each of these recovery goals that are the focus of DBT-ACES on the following scale and check which recovery goals you are currently working on with your individual therapist.

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5 = Trying to do it, can do/have it, not reliably
6 = Do/have this reliably, still have problems being effective
7 = Do/have this reliably, this problem is essentially solved

Recovery Goals	Number	√ if current target
Self-Management		
Have an effective method for managing your monthly budget and one-time expenses (e.g., new tires) so you stay within your income		
Sufficient emergency fund savings to cover 3 months of living expenses in case you lose your job		
Have an effective method of savings for things you would enjoy		
Have an effective method for getting out of debt/getting debt to a reasonable level		
Have an effective method for managing your time that spends your time in line with your wise mind values.		
Have an effective method for managing your time that gets key things done on time		
Have an effective method for managing your time that balances work, leisure, household, and down time		
Have an effective method of preventing illness and psychiatric symptoms from impacting your functioning.		
Have an effective method of managing chronic illness or pain to minimize its impact on your quality of life		

2. One of the characteristics of a life worth living outside of mental health is significant responsibilities that require time, timeliness, follow-through, patience, interest, creativity, etc. These responsibilities tend to benefit one's mental health. We'd like to know what responsibilities you have and whether they are something established that isn't requiring a lot of effort or something that you are starting to work on and requires significant attention.

	√ the appropriate box	
List people, places, and things that I am responsible for/to:	Established /easy	Just starting /challenging

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