

Results: 23/05/2016

Key: 1 = Untrue 2 = A Bit True 3 = Mostly True 4 = Completely True

Doing Things I Value

Question	Score	Comment
1: It is important to have fun	1	
2: It is important to have healthy habits	1	
3: I do things that are meaningful to me	1	
4: I continue to have new interests	1	
5: I do things that are valuable and helpful to others	1	
6: I do things that give me a feeling of great pleasure	1	
Score:	6	
Percentage:	25%	

Looking Forward

Question	Score	Comment
7: I can handle it if I get unwell again	1	
8: I can help myself become better	1	
9: I have the desire to succeed	1	
10: I have goals in life that I want to reach	1	
11: I believe that I can reach my current personal goals	1	
12: I can handle what happens in my life	1	
13: I like myself	3	
14: I have a purpose in life	1	
15: If people really knew me they would like me	1	
16: If I keep trying, I will continue to get better	1	
17: I have an idea of who I want to become	1	
18: Something good will eventually happen	1	
19: I am the person most responsible for my own improvement	1	
20: I am hopeful about my own future	1	
21: I know when to ask for help	1	
22: I ask for help, when I need it	1	
23: I know what helps me get better	1	
24: I can learn from my mistakes	1	
Score:	20	
Percentage:	28%	

Mastering My Illness

Question	Score	Comment
25: I can identify the early warning signs of becoming unwell	1	
26: I have my own plan for how to stay or become well	1	
27: There are things that I can do that help me deal with unwanted symptoms	1	
28: I know that there are mental health services that help me	1	
29: Although my symptoms may get worse, I know I can handle it	1	
30: My symptoms interfere less and less with my life	1	
31: My symptoms seem to be a problem for shorter periods of	1	
32: I have people that I can count on	1	
Score:	7	
Percentage:	25%	

Connecting And Belonging

Question	Score	Comment
33. Even when I don't believe in myself, other people do	1	
34. It is important to have a variety of friends	1	
35. I have friends who have also experienced mental illness	1	
36. I have friends without mental illness	1	
37. I have friends that can depend on me	1	
38. I feel OK about my family situation	1	
Score:	7	
Percentage:	25%	
Total Score:	40	
Total Percentage:	26%	

Understanding my results

At the bottom of each domain or area of recovery, there is a total score and there is a percentage score. There is also an overall score and an overall percentage. The "scores" are a total of all of the scores for that section. The "percentage" is the total score divided by the number of items and then converted to a percentage. We think the percentage scores are most useful because they allow you to compare how well you are doing in different domains. Because each domain has different numbers of statements, the total scores for the domains with more statements are likely to be bigger, so it makes it harder to compare. However, it is important to recognise that the percentage scores are not any indication of "passing" or "failing" in any domain. It just makes comparing the different domains easier. In recovery, there is no passing or failing, just progress.

Using the percentage scores allows you to see which domains or areas of recovery you are doing best in as well as those ones you might want to work on to improve. However, the area you want to focus on might not be the statement you marked lowest or the domain with the lowest percentage. It is probably going to be the thing or things that you feel are most important to you. What you wrote in the right-hand column might help you decide what matters most to you. We suggest having a conversation with someone else that you trust about what you scored and what you most want to work on now. Speaking aloud often helps clear our thoughts! The RAS-DS workbook on the website might help you think about how to get started on your chosen area. If you want to check out the information and exercises in the workbook, take a note of the domain / area of recovery you want to focus on and click on the "Go to the workbook" button above and

explore the workbook for that domain / area.