Personal Recovery Vision - Review journal

Review an attempt at personal recovery vision and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Casey wants to return to a community art group.

Use an ordinary or fictional example, with a clinician when appropriate. IMR work connects illness-management skills with personally chosen life goals.

Practice task

Describe a meaningful role or activity and one small change that could support participation.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. How could managing current difficulties support this goal? My optional adjustment or support request:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A01-5