

ASSESSMENT BEYOND ASSESSMENT: UNDERSTANDINGS WHICH ENHANCE INDIVIDUALIZED CARE

Michael E. Berrett, PhD

- 1) Share 3 personal weaknesses that become obstacles in reaching your goals
- 2) Share 3 self-defeating behaviors or patterns which you would like to change
- 3) Share 3 significant fears you have which cause you anxiety or grief
- 4) Share 3 things you are avoiding in your life that you need to face
- 5) Share 3 things you have thus far avoided talking about in treatment which needs voice
- 6) Share 3 things you feel guilt or shame about that you can't quite let go of
- 7) Share 3 ways you cope with life difficulties which don't work well and cause further suffering
- 8) Share 3 reasons you have to quit trying, stay in the illness, or give up on recovery
- 9) Share 3 accomplishments or successes you have had which you are proud of
- 10) Share 3 things that have helped you the most in your progress and recovery so far
- 11) Share 3 fears that you have faced in your life
- 12) Share 3 things which witness that you have made progress in your recovery
- 13) Share 3 difficulties you have overcome in your life
- 14) Share 3 things you did to overcome those difficulties
- 15) Share 3 about three people who want you to get well and have your best interest in their hearts
- 16) Share 3 spiritual beliefs which are important to you and can help you heal
- 17) Share 3 reasons you have to fight for recovery, fight for you, and get well
- 18) Share 3 things you would do if you had only 72 hours to live
- 19) Share 3 things you know or believe in about the purpose of your life
- 20) Share 3 dreams you need to be honest about, embrace, honor, and work towards in your life
- 21) Share 3 of the deepest desires of your heart
- 22) Share 3 things you have to offer another individual or the entire world
- 23) Share 3 unique strengths you have including strengths of character
- 24) Share 3 things which are evidence of and witness your good intent, good will, and goodness
- 25) Share 3 people and related circumstances in which you've had a positive impact on someone
- 26) Share 3 things you have to do to recover from this illness
- 27) Share 3 things you choose to do to recover from this illness
- 28) Share 3 first steps in doing those things you choose to do for the sake of you – your healing

*NOTE: This document is a handout for a presentation at Center for Change National Conference for Eating Disorder Professionals, January 30, 2015, "Honoring the Worth of One Soul: How We Can Individualize Clinical Treatment for Each One"

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Michael E. Berrett, PhD www.centerforchange.com michael.berrett@uhsinc.com 801-224-8255