**DIALOG**

**Quotes**

Quotes from your peers about using

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Totally dissatisfied**  **Image result for angry face with teeth emoji** | **Very dissatisfied** | **Fairly dissatisfied**  **Image result for unhappy face emoji** | **In the middle**  **Image result for neutral face emoji** | **Fairly satisfied**  **[Image result for happy face images](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiq-JvT9cfgAhUC2-AKHTpMCYAQjRx6BAgBEAU&url=https://emojiisland.com/products/slightly-smiling-face-emoji-icon&psig=AOvVaw11Pre9pHOM6FwZWWfIx_L5&ust=1550669879180668)** | **Very satisfied**  **Image result for grin face images** | **Totally satisfied**  **[Image result for ecstatic face image](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjftO3S-sfgAhUQnhQKHR9IDV4QjRx6BAgBEAU&url=http://dwomlink.info/ecstatic-face.html&psig=AOvVaw1Yx7QWv-3TCob5AWN0f9kX&ust=1550671222141980)** | **Additional help wanted Y/N** |
| How satisfied are you with your mental health? |  |  |  |  |  |  |  |  |
| How satisfied are you with your physical health? |  |  |  |  |  |  |  |  |
| How satisfied are you with your job situation? |  |  |  |  |  |  |  |  |
| How satisfied are you with your accommodation? |  |  |  |  |  |  |  |  |
| How satisfied are you with your leisure activities? |  |  |  |  |  |  |  |  |
| How satisfied are you with your friendships? |  |  |  |  |  |  |  |  |
| How satisfied are you with your partner/family? |  |  |  |  |  |  |  |  |
| How satisfied are you with your personal safety? |  |  |  |  |  |  |  |  |
| How satisfied are you with your medication? |  |  |  |  |  |  |  |  |
| How satisfied are you with the practical help you receive? |  |  |  |  |  |  |  |  |
| How satisfied are you with consultations with mental health professionals? |  |  |  |  |  |  |  |  |
| **Comments:** | | | | | | | | |

**The Process of Recovery Questionnaire (QPR)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| We developed this questionnaire in order to understand more about the process of recovery; what’s helpful and what’s not so helpful.  Everyone is different and there will be differences for everyone. The items on this questionnaire were developed through a process of interviewing service users about their recover journeys. We hope that by filing in this questionnaire you will help us find out information that is important to you and your own recovery. Not all factors will be important to you, since everyone is different. This questionnaire is not intended to be used to impose anything against your wishes.  If you would like to fill in the questionnaire, please take a moment to consider and sum up how things stand for you at the present time, in particular over the last 7 days, with regards to your mental health and recovery. Please respond to the following statements by putting a tick in the box which best describes your experience. | | | | | | |
|  | **Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Disagree strongly**  **Image result for angry face with teeth emoji** | **Disagree**  **Image result for unhappy face emoji** | **Neither agree nor disagree**  **Image result for neutral face emoji** | **Agree**  **Image result for happy face images** | **Agree strongly**  **Image result for grin face images** |
| **1** | I feel better about myself |  |  |  |  |  |
| **2** | I feel able to take chances in life |  |  |  |  |  |
| **3** | I am able to develop positive relationships with other people |  |  |  |  |  |
| **4** | I feel part of society rather than isolated |  |  |  |  |  |
| **5** | I am able to assert myself |  |  |  |  |  |
| **6** | I feel that my life has a purpose |  |  |  |  |  |
| **7** | My experiences have changed me for the better |  |  |  |  |  |
| **8** | I have been able to come to terms with things that have happened to me in the past and move on with my life |  |  |  |  |  |
| **9** | I am basically strongly motivated to get better |  |  |  |  |  |
| **10** | I can recognise the positive things I have done |  |  |  |  |  |
| **11** | I am able to understand myself better |  |  |  |  |  |
| **12** | I can take charge of my life |  |  |  |  |  |
| **13** | I can actively engage with life |  |  |  |  |  |
| **14** | I can take control of aspects of my life |  |  |  |  |  |
| **15** | I can find the time to do the things I enjoy |  |  |  |  |  |
| **Comments:** | | | | | | |