



A New Life
Christian Counseling

A New Life Is Possible One Step at a Time

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Self Care Plan

Self care is often thought of as taking good care of one's physical body through exercise, a good diet, and getting enough sleep. Others think of self-care as doing something nice for oneself or having a good day. However, self-care, as it is defined here, involves much more than that. It means leading a well-balanced lifestyle in which time and energy are put into many different facets of one's life. The more areas of one's life that are well-maintained, the more resources one has to draw on. It's similar to the old saying of "don't put all your eggs in one basket." While not every facet of one's life can be attended to all the time, the goal should be striving to distribute time and energy among a number of different areas, with the particular areas of focus shifting from day to day and week to week. When self-care is poor the risk of relapse–return to old, destructive behaviors–increases. Likewise, poor self-esteem reduces one's ability to effectively cope with stress and other challenges of life.

Listed below are some of the most common areas of concern in people's lives. Rate your level of satisfaction with each area from 1 (very dissatisfied) to 10 (completely satisfied; couldn't be better). In the space below each area write, specifically and concretely, what you can do to improve the quality of that area. When you are finished you should have a general sense of how good your self-care is as well as the areas in your life most in need of attention.

1. Work/Career (work goals, type of work, number of hours, etc.) Satisfaction: _____

2. Financial (bills, debt, income, money management) Satisfaction: _____

3. Romantic/Marital (quality, amount of time, role in your life) Satisfaction: _____

4. Sexuality (quality, quantity, role in your life, types of expression) Satisfaction: _____

5. Family (parenting, relationships w/ extended family, in-laws) Satisfaction: _____

6. Domestic/Household (chores, quality of living space, autos, lawn) Satisfaction: _____

7. Medical (medical/dental problems, medication, insurance) Satisfaction: _____

8. Health Maintenance (diet, exercise, sleep, quality & balance) Satisfaction: _____

9. Social/Friends (quantity, quality, frequency, influence) Satisfaction: _____

10. Fun/Hobbies (recreation, extracurricular, frequency, variety) Satisfaction: _____

11. Creative/Artistic (ways you express yourself, things you create) Satisfaction: _____

12. Educational (goals, ways you continue to expand knowledge/skills) Satisfaction: _____

13. Spiritual (religious beliefs, practices, faith, higher power) Satisfaction: _____

14. Solitary Time (checking in w/ yourself, knowing your feelings, goals) Satisfaction: _____

15. Mental Health (emotional expression, world-view, thinking style) Satisfaction: _____

16. Community Service (volunteering, outreach, serving, ministering) Satisfaction: _____

Total Number _____ / 16 = _____

Satisfaction with General Resources (quality/quantity, does it feel adequate to reach goals):

Time: _____

Money: _____

Energy (Physical/Emotional): _____