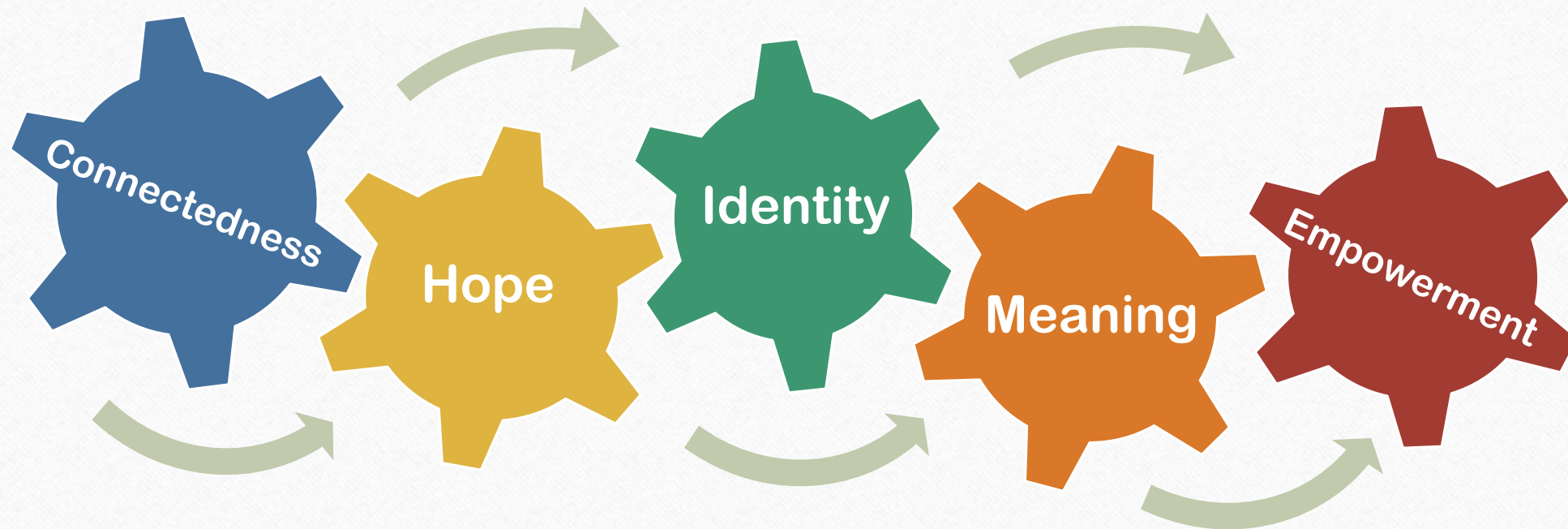


CHIME Personal Recovery Model



Leamy et al. (2011)

C

I feel as though I have enough supportive relationships in my life

1 2 3 4 5

I feel as though I have enough support from others in my community

1 2 3 4 5

I feel connected with others in my community

1 2 3 4 5

I have a sense of hope about my recovery

1 2 3 4 5

H

I feel motivated to change the aspects of my life I do not like

1 2 3 4 5

I have hope-inspiring relationships

1 2 3 4 5

I feel as though I am (re) building a positive sense of identity

1 2 3 4 5

I

I feel positive about who I am as a person

1 2 3 4 5

I feel I am able to overcome stigma related to mental illness

1 2 3 4 5

I feel as though I have made a sense of meaning from my mental health experiences

1 2 3 4 5

M

I have some meaningful goals in my life

1 2 3 4 5

I feel my life has meaning

1 2 3 4 5

I feel I have some control over my life and recovery

1 2 3 4 5

E

I can identify some of my personal strengths

1 2 3 4 5

I feel I have a sense of personal responsibility

1 2 3 4 5

Instructions

- Read each statement carefully.
- Draw a circle around the number that most describes how you feel about yourself at this point in time:
1= Absolutely not true about me
2=Somewhat true about me
3= Neutral
4= Mostly true about me
5= Absolutely true about me

Scoring

- Add up scores for each group individually.

Results

- Each group is scored out of a possible 15
- The group with the lowest score is most likely to be an area of recovery you would benefit from working on improving – try setting a goal related to this area.



CHIME Element	Before the Course	After the course
(C) I feel connected	1 2 3 4 5	1 2 3 4 5
(H) I have a sense of hope about my recovery	1 2 3 4 5	1 2 3 4 5
(I) I feel positive about who I am as a person	1 2 3 4 5	1 2 3 4 5
(M) I feel me life has meaning	1 2 3 4 5	1 2 3 4 5
(E) I feel I have some control over my life and recovery	1 2 3 4 5	1 2 3 4 5

Instructions:

- Read each statement carefully.
- Draw a circle around the number that describes how you feel about yourself **at this point in time:**

1= Absolutely not true about me

2=Somewhat true about me

3= Neutral

4= Mostly true about me

5= Absolutely true about me

Reflection Questions:

- Have you noticed a change in any of your CHIME scores?
- Which CHIME element did you score highest in?
- Which CHIME element did you score lowest in?