









**Self-Assessment:**

Here are a list of questions to help you assess yourself.

What are signs that I am doing okay? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

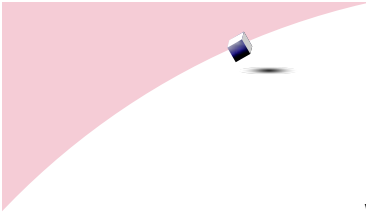
What are the early warning signs that I am not doing well? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What can I do to help myself as well as what can others do to help me during this time?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



What do I not want? What does not help? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I know I need to get help when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Crisis Picture:**

What does it look like when you are in crisis? \_\_\_\_\_

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When you are in a crisis, what helps most for you to do? \_\_\_\_\_

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How do you decide to reach out when in crisis? \_\_\_\_\_

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What stops you from reaching out for help when in crisis? \_\_\_\_\_

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How do you decide when it's time to try something different? \_\_\_\_\_

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**For the Worst Days—Reasons to Stay Abstinent:**

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**Anything Else I Can Do To Prevent Relapse:**

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**Affirmations to Prevent Relapse:**

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## Hope Recovery Inc.

PO Box 91  
Shepardsville, IN 47880

Email:  
recovery@hope4christianrecovery.org  
Phone: (765) 505-8908

[www.hope4christianrecovery.org](http://www.hope4christianrecovery.org)

### STATEMENT OF FAITH

Psalm 147:3 He heals the brokenhearted  
and binds up their wounds.

### MISSION

The mission of Hope Recovery is to provide Christian-based supportive compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

### VISION

Hope Recovery aspires to provide excellence in service and support while assisting trauma survivors in achieving their recovery goals.

Please contact your physician or therapist  
for further information on the issues  
addressed inside this literature.

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## Hotlines & Helplines

### Suicide Crisis Lines:

The National Suicide Prevention Lifeline is available in the US to help when you're having suicidal thoughts, or someone you care about is.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or call 800-273-8255

[www.imalive.org](http://www.imalive.org)

In other countries go to [www.befrienders.org](http://www.befrienders.org)

### Alcohol & Drugs:

Needing help to stop using alcohol or drugs? Contact the NCADD organization for information and referrals for help.

[www.ncadd.org](http://www.ncadd.org) or call 800-622-2255.

### Eating Disorders:

NEDA offers information, education and referrals for treatment and support for those struggling with eating disorders. They can be reached online through chat or by phone.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) or call 800-931-2237

Hours: Mon—Thurs 9a to 9p  
Fri 9a to 5p

### National Sexual Assault Hotline:

RAINN offers reporting, information, education and support for those who have experienced rape or incest. They have both phone and online support available.

[www.rainn.org](http://www.rainn.org) or 800-656-HOPE (4673)

### Veterans:

If you are a veteran or a family member of a veteran and you are seeking support, contact the Veterans Crisis Line.

[www.veteranscrisisline.net](http://www.veteranscrisisline.net) or call 800-273-8255.