

# CHANGES MODULE 14:

## Personal Evaluation

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### What is personal evaluation?

Personal evaluation is a process of self-assessment where we look at how our behaviour, thinking, feelings and the 'things in our life' are affecting our mental wellbeing. Doing this can help us figure out what is good for us and what is working against us.

It isn't always easy. It takes time and self-acceptance but here are some approaches to get you started.

### 1. Identify the things that keep you well

Start by identifying the symptoms that suggest your mental health isn't as good as it could be. Now ask yourself: *what are the things that make me feel good or help improve my symptoms?*

These are your tools for being well. They could be anything you've learned that helps you, from making lists to going for walks; whatever they are will be unique to you. If you're struggling to work out what might help you, it may take some time to try new tools and figure it out. Experiment.

### 2. Identify the things that aren't working

Personal evaluation is just as much about identifying the ineffective tools as it is the ones that work.

Ask yourself: *what are the things I do to ease the symptoms which are no longer working or are even making things worse?*

These are your broken tools.

It can also be a good idea to reassess your tools regularly because some broken ones might become useful again, and ones that are working now might become less effective in the future.

### 3. Be kind and truthful about yourself

Everybody has strengths but it can be hard to see them when we're not particularly well. You may find you're prone to exaggerating your weaknesses or focusing on the things you can't do. Personal evaluation is trying to look at yourself in a balanced way. It may help to ask yourself the following questions:

*What have I done well in the past?  
How could I have improved the way I did things in the past?  
How can I use this to understand myself better?*

If you feel like your understanding of yourself is very unbalanced (perhaps very negative), you may benefit from looking into self-compassion.

**Discussion Points:**

What are the tools that help you to keep well?

What would other people say your strengths are?

**Further Resources:**

- You might like to see some examples of a Wellness Recovery Action Plan like these: <https://webstore.cwp.nhs.uk/publications/WRAP.pdf>  
<https://webstore.cwp.nhs.uk/publications/WRAP2.pdf>