

# Modes Influencing Recovery

## Worksheet

Recovery looks and feels different for everyone. In general, however, our journeys are multi-modal - they involve improvement in many different modes.

This worksheet identifies seven modes influencing recovery:

1. **Feelings/Affect**
2. **Actions/Behavior**
3. **Cognition**
4. **Sensations**
5. **Physical Health**
6. **Social, and**
7. **Mental Imagery.**

Considering each mode in turn can make it easier to plan your own strategies for recovery.

First, this involves identifying challenges you want to tackle, then you can more easily specify the manageable steps you'd like to take.

## Instructions

The worksheet has three columns to work through.

In the 'Challenge' column next to each mode, list any difficulties you come across in your journey to wellness.

For example, if struggling with alcohol misuse, you may decide to include: "*Drinking when feeling depressed,*" beside "Actions/Behavior."

In the final "Strategy" column, identify the things you would like to quit doing or cut back on, as well as things you'd like to start doing, or do more of.

## Seven Modes

Mode	Challenge	Strategy
<b>Feelings/Affect</b> <i>How you feel, your emotional experiences.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase:
<b>Actions/Behavior</b> <i>E.g. Responses, coping mechanisms, habits.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase:
<b>Cognition</b> <i>Thoughts, attitudes, beliefs, values, opinions, and thought patterns.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase:
<b>Sensations</b> <i>Sights, sounds, physical feelings, scents, pain or stress triggers.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase:
<b>Physical Health</b> <i>Nutrition, exercise, substance use or misuse.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase:
<b>Social</b> <i>Relationships with others, communication.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase:
<b>Mental Imagery</b> <i>Dreams, mental images, aspirations.</i>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	Quit or try to reduce:  Start or try to increase: