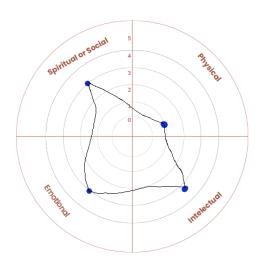
The PIES WHEEL

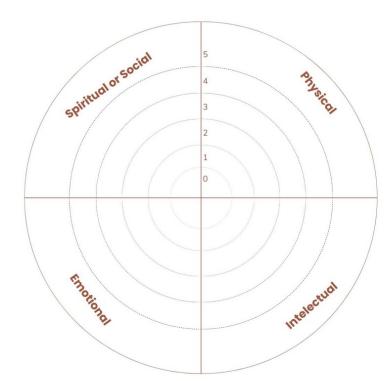
Self-care evaluation and action plan

This exercise will help you view your self-care more comprehensively and holistically.

The 5 bars in each category represent how well you're taking care of yourself in those dimensions. Score your current self-care from 0-5, 0 needing more work, and 5 being doing very well.

- 1. Make a dot on the circle that represents how you rate your comfort in that area of your life.
- 2. Connect the lines to get a visual representation of where you can focus to balance the time and effort you spend on self-care.
- 3. Use the tables below to brainstorm ideas for taking action in those areas of your day.





- The following action items are only suggestions to get you thinking and may not apply to you specifically.
- Put a mark in each column for what you're doing well, or where you think you might do better.
- Add your own self-care activities and goals that you're already doing well, or that you'd like to start and put more effort into.
- After the PIES model suggestions, add your own from any dimension of your life, or go deeper into an existing area. Some suggestions might be:

Financial	Social	Other
Sexual	Professional	Other
Family	Creative	Other
Bucket list experiences	Travel	Other

Physic	cal	
I'm doing well now	I will do better	Action
		I get physical activity every day.
		I try to eat healthy and allow myself treats every so often.
		I try to get adequate sleep every night.
		If I have physical ailments, I seek professional help. (For example, if I
		have constant pain, digestion, or sleep problems, I ask for guidance
		from my M.D and follow their advice.)
		I keep my M.D appointments and checkups.
		I keep my physical surroundings as tidy as I'm comfortable with.
		I have boundaries around how I am touched. I decide who, when and
		how someone touches me.
		If I consume alcohol, I'm mindful of when to stop.
		I stay tuned into my body and I know when I'm physically exhausted,
		and I do something else to rest and balance.
		I know betrayal trauma triggers and grief waves are possible, so I
		have my 'trigger tools' ready and I use them.
		(Add your own, what you do well, what you want to do better)

Intelle	ctual	
I'm doing well now	I will do better	Action
		I educate myself on betrayal trauma, sex addiction and other
		information about my situation.
		I study things that interest me.
		I enforce boundaries around my own opinions, observations, and thoughts. I don't push mine on others and I don't allow others to
		push theirs on me.
		I have a meditation or mindfulness practice and I follow it daily or as needed.
		I challenge myself to stay out of isolation by calling friends and going out into public with other people.
		I know when I have intellectual over-load and do something else to give my mind a break and balance.
		I routinely challenge my thoughts – my assumptions, judgements, and biases.
		I make it a priority to engage in reading non-recovery topics.
		I take advantage of creative opportunities whether it be art,
		business, or my environment.
		I use positive self-talk by using affirmations, recovery slogans, mantras or prayers.
		I stay abreast (to the amount that is appropriate in my phase of recovery) of social and political issues that are important to my personal values.
		(Add your own, what you do well, what you want to do better)
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Emotic	nal	
I'm doing well now	I will do better	Action
		I have attended or continue to attend therapy with a betrayal
		trauma informed therapist.
		I attend a betrayal trauma informed group and listen and share with
		intention.
		If I'm not able to manage my highs and lows with recovery tools, I
		seek out pharmaceutical assistance from my M.D. or a professional
		who can prescribe if necessary.
		I take full responsibility for managing and tending to my own
		feelings.
		I journal my thoughts and feelings "as is", without self-judgement.
		I acknowledge all my feelings as authentic, valid, necessary, and
		important.
		I honor my feelings and learn what my own needs are.
		I don't take responsibility for other people's feelings.
		I set boundaries that honor my values and emotions and enforce
		them.
		When I feel overwhelmed I ask others for help.
		When conversations become difficult I use the "tap out" and come
		back to the conversation later.
		(Add your own, what you do well, what you want to do better)

Spiritu	al	
I'm doing well now	I will do better	Action
		I journal my spiritual thoughts and conversations with my Higher
		Power.
		I have open and honest conversations with my Higher Power about
		my thoughts and feelings about them, knowing they accept me
		where I am. I can lament to my Higher Power without reservation.
		I pray and meditate or listen for my Higher Power's response.
		I practice gratitude with intention – for example, a journal or
		starting and ending the day recalling what I'm grateful for.
		I set boundaries with religious leaders and others about my spiritual
		beliefs and practices. I decide what they are.
		I practice tolerance for other's belief systems, knowing it's not my
		responsibility to change their beliefs.
		I regularly read spiritual and wisdom literature to help me connect
		to a my Higher Power's wisdom.
		I seek out fellowship and with others whose beliefs are similar as
		mine.
		I take time to "unplug" from the world to spend time with my own
		thoughts and feelings and honor "me".
		(Add your own, what you do well, what you want to do better)

I'm doing letter Action better			
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	m doing well now		Action