

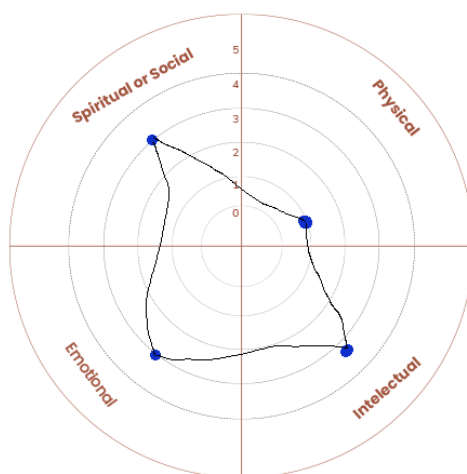
The PIES WHEEL

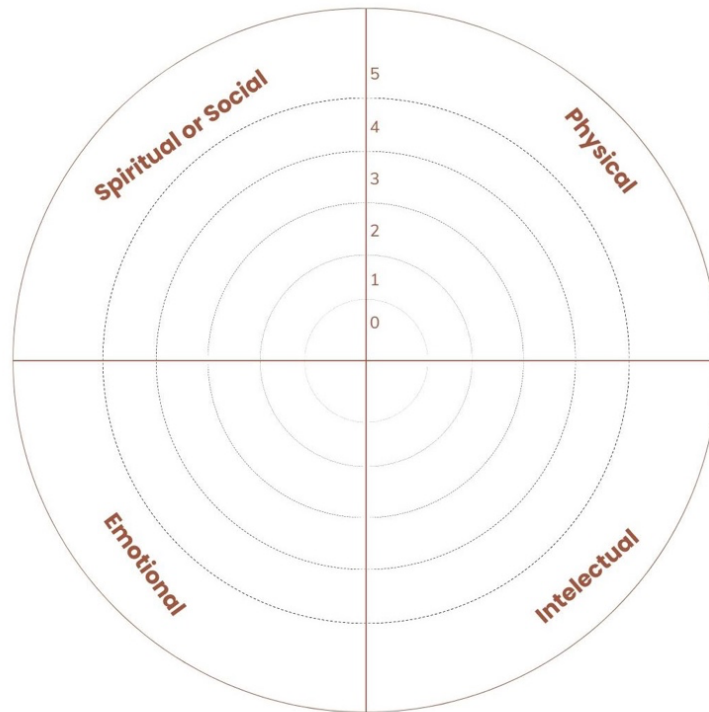
Self-care evaluation and action plan

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 _____

[illegible]

(Add your own, what you do well, what you want to do better)

Intellectual

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.
		<i>(Add your own, what you do well, what you want to do better)</i>

Emotional

[illegible]

Spiritual

[illegible]

[illegible]