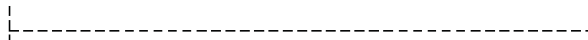


Strongly disagree Disagree Agree Strongly agree



- 8. I can access the help I need in order to stay well
- 9. I recognise when I am in situations that aren't good for my wellbeing
- 10. I am able to engage in a range of activities that are personally meaningful to me
- 11. Recovery means forgetting about my mental health problems
- 12. I am unsure about the reasons behind some of the experiences I have had
- 13. I feel in control of the things that happen in my life
- 14. I am productive in the things in life I engage in
- 15. I depend on others to maintain my own well being
- 16. I feel confident enough to get involved in the things in life that interest me
- 17. I can see where certain experiences I have had have come from
- 18. I am able to decide when I need support from others in order to maintain my wellbeing
- 19. I get little personal satisfaction out of the things in life I am involved in
- 20. I have the knowledge to make informed decisions concerning treatment for my mental health

Please turn over and continue

Strongly disagree Disagree Agree Strongly agree

|-----|

21. I am unhappy with the person I have become |-----|

22. I sometimes let my mood fluctuate if I have important tasks to do |-----|

23. I play a central role in maintaining my own well being |-----|

24. I have the ability to achieve my goals in life |-----|

25. My ability to make informed choices about treatment is supported by my friends and family |-----|

26. I find it hard to engage in a range of activities that are valuable to me |-----|

27. I can still be in recovery even if I experience mood episodes in the future |-----|

28. Understanding where my mood experiences come from help me manage them |-----|

29. I have little control over the important decisions in my life |-----|

30. I am able to engage in a range of activities that are valuable to wider society |-----|

31. The knowledge I have gained enables me to look after myself |-----|

32. The activities I do make a difference to others |-----|

33. Being in recovery means that everything has to be going well in every aspect of my life |-----|

Thank you for completing this questionnaire

We would greatly value your thoughts or views on the Bipolar Recovery questionnaire. If you have any feedback on the questionnaire you would like to provide, please do so in the space below: