

## Personal Self-Care Index (PS-CI)

The Personal Self-Care Index [PS-CI] is a tool (based on the Personal Chaos Inventory, or PCI) to assist you to stay on track and maintain the changes you have made. It is designed to help you build in new, more adaptive behaviors when you are more vulnerable to slipping back into old habits. You can use the behaviors you identified in your PCI to help make this list.

Each person uses the PS-CI to generate new habits when you feel like you are “losing it”, slipping back to old habits, or becoming “burnt out”.

Following are 10 areas of personal behavior. As you write down answers to the questions in each of these areas, the answers may help you take action to do things differently.

1. **Physical Health:** The ultimate insanity is to not take care of our bodies. Without our bodies we have nothing, yet we seem to have little time for physical conditioning. What is something you can do today or within the next week to take care of your body? Examples include: taking a walk, eating something healthy, or avoiding eating something unhealthy [at least 3 examples.]

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2. **Transportation:** How people get from place to place is often a statement about their lifestyles. What is something you can do today or within the next week to take better care of your transportation? Examples include: driving more slowly, listening to relaxing music while driving, getting needed maintenance done. Or for bus riders, setting aside change for the toll, or setting your clocks ahead 5 minutes so you can catch the bus. [at least 3 examples.]

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3. **Environment:** To not have time to do your personal chores is a comment on the order of your life. What is something you can do today or in the next week to improve your home or living space? Examples include: making a list of all your chores so you can reference them, doing chores for at least 15 minutes each day, or coming up with a reward when all your chores are done. [at least 3 examples.]

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4. **Work:** Chaos at work may place your ability to support yourself in jeopardy. What is something you can do today or in the next week to make your life more manageable at work? Examples include: writing out a list of what you plan to do each day, organizing your workspace, adding something pleasant to your work environment, or building in “walk breaks”. [at least 3 examples.]

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5. **Interests:** What are some positive interests besides work that give you perspective on the world? Music, reading, photography, fishing or gardening are examples. What is something you can do today or in the next week to help you do and find more of these activities? [at least 3 examples.]

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6. **Social Life:** Think of friends in your social network who provide support to you and are not family or significant others. What is something you can do today or in the next week to increase your contact with the people in your support system? [at least 3 examples.]

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7. **Family/Significant Others:** Think of your family and significant other. What is something you can do today or in the next week to increase your contact and the quality of your contact with them? [at least 3 examples.]

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8. **Finances:** We handle our financial resources much like our personal ones. Thus, when your checking account is unbalanced, or overdrawn or bill overdue or there is no cash in your pocket or you are spending more than you earn, your financial overextension may parallel your emotional bankruptcy. What is something you can do today or in the next week to begin to address this? Examples include: cutting out one small expense, or making something at home that you routinely go out to get? [at least 3 examples.]

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**9. Spiritual Life and Personal Reflection:** Spirituality can be diverse and include meditation, yoga and prayer. Personal reflection includes journal writing, completing daily readings and pursuing therapy. What is something you can do today or in the next week to bring more spirituality and reflection into your life? [at least 3 examples.]  
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**10. Symptom Behaviors:** Compulsive behaviors that have negative consequences are symptomatic of your general well-being or a warning sign that you may be slipping into old habits. When you watch too much TV, overeat, bite your nails – any habit you feel bad about afterward – these can be warning signs. Symptom behaviors are behaviors that are evidence of overextension, such as forgetfulness, slips of the tongue, or jealousy. What is something you can do today or in the next week when you are feeling overwhelmed to replace these behaviors? [at least 3 examples.]  
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**Now** – from the signs of “personal chaos” you recorded choose 3 or 4 that are most critical to you. On your own or with someone, decide how you will do things differently.

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- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

Adapted from: Carnes, P. (2015). *Facing the Shadow* (3rd Ed.): *Starting Sexual and Relationship Recovery*. (3<sup>rd</sup> ed.). Cafefree, AZ: Gentle Path Press.