

Mental Health Recovery Measure-10 (MHRM-10)

Name: _____

Date: _____

DOB: _____

Last four digits of SSN: _____

Staff: _____

Location: _____

The goal of this questionnaire is to find out how you view your own current recovery process. The mental health recovery process is complex and is different for each individual. There are no right or wrong answers. Please read each statement carefully, with regard to your own current recovery process, and indicate how much you agree or disagree with each item by selecting the appropriate response.

1. I still grow and change in positive ways despite my mental health problem.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

2. Even though I may still have problems, I value myself as a person of worth.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

3. I understand myself and have a good sense of who I am.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

4. I feel good about myself.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

5. The way I think about things helps me to achieve my goals.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

6. I feel at peace with myself.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

7. I maintain a positive attitude for weeks at a time.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

8. Every day that I get up, I do something productive.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

9. I am making progress toward my goals.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree

10. I engage in work or other activities that enrich myself and the world around me.

- 0. Strongly Disagree
- 1. Disagree
- 2. Not Sure
- 3. Agree
- 4. Strongly Agree