

A step by Step guide to reduce your fears around moving into wellness.

For many with mental illness recovery can feel uncomfortable at first and because of this some have an underlying fear of recovery. It is important to remind yourself that fear is a feeling, and feelings are not facts. This worksheet is designed by Isorropia to help you better recognise your fears around moving into wellness.

1. Identify your fears about getting well.

(Finances – losing benefits, responsibilities of work, interacting with new people)

2. How do these fears make you feel?

(Fear of the unknown or repeated mistakes, uncomfortable, frustration, anger)

3. What are some of your thoughts related to these fears?

(I cannot do it, I will fail, I am not good enough)

4. List what you are gaining by staying in your comfort zone.

(Avoiding hard work, I don't have to challenge myself, I don't have to meet new people)

5. List the impact of staying in your comfort zone.

(Unfulfillment, Feeling miserable, disconnected, no reward)

6. Identify the first steps to start challenging your feelings and thoughts.

(Set some achievable goals, plan a healthy, balanced routine, stay open-minded, think about a meaning and purpose)

7. Identify your support network that can help you.

(Isorropia team, friends, family, support worker)

8. Begin implementing some of the small, achievable first steps.

(Use the well-being planning booklet to help motivate you to action)

