



BP – DoS Measurement Tool

We believe the 6 key indicators for health and success personally, academically and professionally are:

Optimism, confidence, connectedness, self-awareness, self-regulation (of mood and physiology), and personal responsibility.

Discovery of Self is designed to develop those capacities. We are always seeking additional sites for formal research.

Sample evaluation after 6-12 hours of class at a substance abuse out-patient center.

Concept	# of Participants	# of Questions	2/28 Avg	4/29 Avg	Diff	% Diff
Confidence	8	4	2.16	3.47	1.31	60.9%
Connectedness	8	4	1.94	3.84	1.91	98.4%
Optimism	8	4	1.69	3.59	1.91	113.0%
Personal Responsibility	8	4	2.91	3.69	0.78	26.9%
Self-Regulation	8	4	1.78	3.59	1.81	101.8%
Self-Awareness	8	4	2.00	3.88	1.88	93.8%
<b>Total</b>	<b>8</b>	<b>24</b>	<b>2.08</b>	<b>3.68</b>	<b>1.60</b>	<b>76.9%</b>

Note: results on scale of -5 to +5

**What changes would you like to see happen in your life?**

February 28, 2011 response	April 29, 2011 Response
Focus on what I need to do to be successful financially again. Take better care of self, what is most important to me.	Continue to take care of myself. Take risks.



# CONTINUUM CENTER

Slow down, be more mindful and less reactive	Continue to increase mindfulness and have more downtime.
Be more hopeful of the future and feel a sense of belonging in my world / universe	Slow down in speaking
To find meaning and joy in life.	Abstinence
More certainty about the future.	Stop feeling worthless.
To feel my emotions and process past experiences and then let go.	To remain in recovery, go back to school and find a challenging and rewarding career.
Chase my dreams.	Just, positive "new" experiences. For me that means moving out of my parents' house sometime down the road.
Improve how to value and appreciate personalities that are different to mine. Improve emotional "responsibility" in conflicts, especially with family.	I'm open.
	I would like to find a job and move out of my current apt. I would like to meet some people and have a social life and remain sober.

## What do you see as your biggest obstacles to making these changes?

February 28, 2011 response	April 29, 2011 Response
Market conditions. Prioritize organizational skills, slowing down, time management.	Myself
Over scheduling, lots of responsibilities, obsessive thought patterns, difficulty sleeping.	"So much to do", my own style – tendency to give a lot.
My background of legal problems.	No answer.
Lack of motivation, lack of trust, lack of clarity.	Lack of friends.
Me, my mood swings, anxiety.	My own thinking patterns.
Allowing myself to feel, but not wallowing in it.	Letting the object reality get to me.
Mom and Dad, Money.	Risk-taking and totally trusting myself that there is always something awesome around the corner of my life.
Pulling from and reacting to the positive in the moment. Still get stuck, heavily impacted by past events.	None really other than time and adjustment.
	Lack of money and finding people that I have something in common with.

## What concepts / strategies did you find most interesting or helpful?



# IMAGINE CONTINUUM CENTER

1. Brain and self, taking risk. This has been a great experience. Programming the brain can have both positive and negative thinking. Take time to think about myself.
2. Quantum leap, light concept that we don't know where light comes from.
3. That we can calm ourselves through breathing and awareness.
4. Imagery, synchronicity.
5. That I can find and interpret positive things out of a scene if it's a negative person or situation.
6. Synchronicity – the ability for me to find all the amazing positive things happening all around me!
7. The concept of imagery.

## **Give at least one example of how / when you have used the information.**

1. Bank foreclosure and avoiding banker because of fear. I chose to attend an event that I was fearful of. The outcome was much greater than I ever thought.
2. Diaphragmatic breathing before taking my math tests and before tutoring.
3. When I feel the urge to smoke.
4. Every day I use imagery to change my negative thought patterns.
5. I am learning to take emotional risks and draw boundaries.
6. For me it was “syncing” myself into my brother through sports and music.
7. I use imagery to build my self-confidence. I tell myself I'm a worthwhile person and have something to offer the world.

## **How is Discovery of Self different from your other treatment experiences?**

1. I have not experienced other treatment. However, I feel this was an excellent experience. It hit home! This was very helpful. Stories of personal experiences were good.
2. It offers the perspective that we create our realities.
3. It's more self empowering, than self-disclosure.
4. It is empowering- I am in control and can choose how I respond.
5. Discovery of Self means to me: the scientific aspects relating to our brain chemistry. I absolutely have fallen in love with Jane's “class”!!
6. Other Tx Centers haven't offered meditation, the study of the mind, metaphors, Yin/ Yang, etc. Loose scheduled meeting times, friendliness, going out to lunch for graduation, the willingness to help.