

NAME \_\_\_\_\_ DATE \_\_\_\_\_ TYPE: Initial Update # \_\_\_\_\_ Discharge

Upper Left

“The Parts of Me that No One Can See”

Internal Subjective – “I”



Innercept

	My Feelings	My Self Image	My Values	My Goals	My Coping Skills	My Spiritual Beliefs
<b><u>CONSCIENTIOUS</u></b>	Basic feelings of contentment; Often happy; Able to control/communicate feelings when upset	Confident in ability to be successful in tasks and relationships; Able to manage hardships and stresses	Takes initiative in showing value for self and others; Works actively for win-win interactions	Working on specific goals established for self; Confident in future success; Good planning abilities	Confident in finding ways to resolve problems and stresses when they arise	Sees meaning in life; Explored spiritual questions, Established own basic beliefs (even if is atheist)
<b><u>SELF AWARE</u></b>	Generally has positive mood; Works at communicating feelings and needs appropriately	Motivated to be successful even in difficult tasks; Positive feelings about self	Is working toward establishing own value system; balances own needs with the rights and feelings of others	Actively exploring options in long term goals; Able to set and achieve short term goals	Manages stresses and responsibilities of daily life successfully; Assertively seeks help when needed; Variety of skills	Actively exploring spiritual questions; Working toward establishing own belief system
<b><u>CONFORMING</u></b>	Stable mood; Calms self; Asks for help with feelings and behavior when needed	Feels good about self; Asks for feedback & reassurance when needed	Shares values and morals of positive peer culture, working at balancing own needs with rights of others	Learning to set and achieve short term goals	Manages typical stresses and responsibilities of daily life; Learning varied, healthy coping skills	Connects to family or cultural values or spirituality
<b><u>DEFENSIVE</u></b>	Others have to intervene to help calm down; Stable mood when gets own way; Feelings often negative or unpleasant;	Struggles with self esteem; Needs reassurance from others; Avoids asking others for feedback or support	May share values and morals of subculture, but there is an imbalance of self and others needs	Able to set and achieve short term goals with input from others	Feels pressured to meet daily stresses of life; Often needs support and assistance by others	May participate in spiritual activities but does not have personal conviction
<b><u>IMPULSIVE</u></b>	Depressed, Anxious, Confused Often upset; Feels out of control, suicidal, harms self	Does not like self; Feels untalented and unsuccessful; Insecure	Does not care about future; Does not care about other people; Existence is self centered	Avoids thinking about the future; Does not have or work toward short term goals;	Gets in trouble often even when does not mean to; Out of control; Impulsive, stressed Addictive	No interest or belief in God or Higher Power; Negative views of spirituality

Upper Right

“The Parts of Me that Others See and Measure”

Individual Objective – “It”

	Physical Functioning	Behavior	Academic & Vocational
<b><u>CONSCIENTIOUS</u></b>	Self initiative shown to maintain healthy life style, Skills demonstrated in all basic areas	Consistent positive behaviors; Reaches out to others; Articulates feelings appropriately in stressful situations	Working successfully toward realistic academic/voc goals
<b><u>SELF AWARE</u></b>	Showing initiative in self care, Developing needed skills in all basic areas	Feelings expressed moderately; Good self control; Calms self; Sensitive to how actions affect others	Self-motivated; On-time assignments; Multi-step problem solving; Requests help when needed
<b><u>CONFORMING</u></b>	Takes care of all needs as structured by program with little prompting	Appropriate social presence; Adequate self/verbal control; Takes personal time out when instructed	Starts and completes assignments with no prompting; Works independently in class setting
<b><u>DEFENSIVE</u></b>	Takes care of physical needs with reminders	Struggles with basic social skills; Needs prompts to follow expected social actions Self control problems	Completes assignments with staff supervision; Needs to be told what to do next
<b><u>IMPULSIVE</u></b>	Deficits in one or more of the following areas: safety, nutrition, sleep, health, hygiene, exercise	Unable to maintain socially acceptable behavior unless supervised 1:1; Isolates	No motivation to complete school assignments; Actively avoids school; Misbehaves

Lower Right  
 “Everything Outside of Me”  
 External Objective – “Its”

	House Responsibilities	Interpersonal Relationships	Family Relationships	Community Access & Participation
<b><u>CONSCIENTIOUS</u></b>	Able to schedule & complete chores; Able to instruct others in effective and supportive manner	Shows awareness and sensitivity to others feelings and rights; Good communicator- even under stress	Modifies own needs and desires to fit in with family needs; Initiates win-win solutions; Assertive	Is able to problem solve effectively in unfamiliar situations; Good skills for independent behavior
<b><u>SELF AWARE</u></b>	Is able to complete multi-step chores in a satisfactory manner with no supervision	Is assertive, Good problem-solving, Articulates feelings, Can negotiate and compromise	Articulates needs and feelings appropriately Manages age appropriate freedoms and responsibilities	Good judgment and decision making capacities in non-supervised settings
<b><u>CONFORMING</u></b>	Completes chores satisfactorily by following schedule; Does not need supervision	Consistent appropriate interaction when supervised; Good social skills; Communicates needs	Demonstrates cooperative skills; Takes personal time out when upset	Participates appropriately in group activities in public settings with no intervention by staff
<b><u>DEFENSIVE</u></b>	Able to complete chore with supervision Needs direction for next step; Partial or mediocre work	Staff intervention needed to maintain appropriate language and behavior	Poor communication (noncompliance, argumentative, self control) without adult supervision	Participates in staff supervised outings with minimal 1:1 direction
<b><u>IMPULSIVE</u></b>	Needs 1:1 supervision to complete chores; Does not know what chore entails; Leaves a mess for others	Inadequate social skills; Acts in offensive or inappropriate manner; Isolates	Noncompliant with family authority, Angry and resentful, Disrupts family routine; Isolates	Lack of self control; Emotional outbursts, Uncooperative, Poor boundaries, Inappropriate language

Lower Left Quadrant  
 “Program Values”  
 External Subjective – “We”

	Self vs. Others	Order & Chaos	Work Hard – Together
<b><u>CONSCIENTIOUS</u></b>	Altruistic when considering the greater good of the group	Shows leadership in encouraging others to bring order out of chaos	Provides positive leadership in group work activities, actively assists others
<b><u>SELF AWARE</u></b>	Actively communicates with others to determine their needs, expresses own needs temperately	Values order both inside and out, seeks orderly and sometimes novel solutions to problem	Actively encourages others to work toward common goals, influences others by example
<b><u>CONFORMING</u></b>	Routinely considers other’s needs when making decisions	Routinely organizes self – inside and out without staff intervention	Routinely engages in group work activities without staff direction, does so without complaint
<b><u>DEFENSIVE</u></b>	Able to considers other’s needs but does not routinely act on those needs	Will organize self and environment with staff assistance	Will work when external consequences & prompts are provided by staff
<b><u>IMPULSIVE</u></b>	Focuses exclusively on self, does not consider other’s needs when making decisions	Either unable to organize self & environment or values/promotes chaos	Avoids work, complains and is not cooperative, undermines the work of others