



# SELF-STATUS REPORT

Long-term goal: \_\_\_\_\_

List three short-term goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

When faced with stressful events since your last report, what were three coping skills used to replace past coping mechanisms?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Identify three reasons to adhere to your Rehabilitation Contract:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Identify three ways in which life is more manageable through your recovery process.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are some of your concerns about your recovery?

Professional practice

Finances

Relationships

With whom? \_\_\_\_\_

Maintaining recovery during program

Maintaining recovery after program

Other \_\_\_\_\_

What do you think would help? \_\_\_\_\_

What needs do you have that are not being met? \_\_\_\_\_

What else do you want us to know? \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name (Please Print): \_\_\_\_\_

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Reports are due \_\_\_\_\_ day of every month.  
See web site for due dates