Personal Crazy Index
From Facing the Shadow, by Patrick Carnes

This is a tool that I use in order to assist my clients to stay on track and maintain various life changes they have made. This tool also helps to create a self-regulating system that signals when things are getting “out of whack.” It is well known that when we enter burn-out we are more likely to return to old, unwanted, and potentially destructive patterns of behavior. This tool is to be used as needed, and can be discontinued when things go well, and picked up again when life becomes overwhelming and you begin to approach “burnout” again. However, this tool is also to be used in conjunction with a tracking tool in order to monitor behavior changes, and helps individuals walk the fine line of self-discipline, helping to thread the needle between legalism and laziness.

This tool helps monitor life by attending to measurable behaviors and activities. The foundation for my use of this tool is understanding that when we are sad, scared, hungry, angry, lonely, tired and bored we are more vulnerable to relapse, discount progress, fold and even experience defeat, thus reaching for old solutions that turned out to be problems such as addictive substances, compulsive behaviors or problematic ways of thinking. As you begin your work, try to provide answers to the questions in each of the areas listed as the answers will later be used to flag various warning signs that may appear. When you know the warning signs in these 10 areas of your life, you will be more capable of noticing and taking action when things begin to unravel.

With the negative consequences for the problematic behavior, people do not usually act out in a vacuum, but precipitating events lead up to a decline.

Jeremiah 31:21 says “Set up for yourself roadmarks, Place for yourself guideposts; Direct your mind to the highway, The way by which you went. Return, O virgin of Israel, Return to these your cities.” These 10 areas are meant to be roadmarks and guideposts, to let you know where you are and how to get back to where you need to be.

1. Physical Health: Examples are being over/under a given weight, not taking vitamins or medication, eating too much fast food, missing workouts, smoking, using illegal, consuming too much alcohol, not getting enough sleep, too much salt/too much sugar/not enough greens, not brushing/flossing or swishing in the morning and evening, and not hydrating. What are things you want to do and need to make a priority, and when you do not do them, you regret it?

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   4.

Additional Responses:
2. **Transportation**: Examples are being constantly low on gas, getting tickets, not having the oil changed, putting off needed repairs, not coming to a full stop, always looking for shortcuts, exhibiting signs of road rage, multitasking while driving (texting, applying makeup, listening to the radio), letting trash build up in the car, etc. **What are things you want to do and need to make a priority re transportation, and when you do not do them, you regret it?**

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Additional Responses:

3. **Home Environment**: I often tell my daughter that her room is an outward manifestation of her inner life. Consider your home environment in which the plants go without water, fish/dog/cat are unfed, grocery supplies are low, laundry is not done or is piling up, dishes are not washed and put away, floors are not swept, toys are not put away, beds are not made, bathrooms are dirty, mold is growing in shower, grass is not cut, weeds are growing in flower bed, etc. **What are ways in which you neglect your home or living space?**

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Additional Responses:

4. **Work**: Signs of work insanity building are arriving late to work, phone calls and emails not being returned, forgetting things, being behind on assignments and missing deadlines, making more mistakes on work than usual/sloppy work, having to work late, etc. **When your life is unmanageable at work what are your behaviors?**

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Additional Responses:
5. **Interests**: What are the hobbies you enjoy most in life that you engage in when not too busy or burned out? Hiking, biking, kayaking, climbing, music, movies, art, golf, reading, food, wine, video games, playing and watching sports, church activities, picnicking, traveling, reading, home renovations, gardening, etc. **What are you doing when you are not over extended?**

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Additional Responses:

6. **Social Instability**: Think of friends in your social network who provide support to you and are not family or significant others. **Who do you need to interact with on a regular basis in order to prevent isolation and disconnect from social contacts, and who are supportive and influential in your recovery?**

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Additional Responses:

7. **Family/Significant Other Instability**: Think of your family if you are close with them, who provide support to. **When you are acting out or being overwhelmed, what does your relationship with family look like?**

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Additional Responses:
8. **Financial Difficulty**: Examples are checking account is unbalanced or overdrawn, bills are overdue, can’t buy gifts for others, can’t eat out, can’t participate in hobbies, you spend more than you earn, not tithing, etc. **When you are in financial difficulty, what are the flags?**

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Additional Responses:

9. **Spiritual Life and Personal Reflection**: Spiritual life varies person to person and may include journal writing, completing daily readings, scripture memory, fasting, prayer, meditation, time in solitude, worship service attendance, etc. **What are some spiritual disciplines that are neglected when you are overextended?**

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Additional Responses:

10. **Symptom Behaviors**: Examples are watching too much TV, overeating, biting fingernails, forgetfulness, slips of the tongue, jealousy, lack of care of concern about significant things, inability to focus on tasks, and severe emotional reactions. **What symptom behaviors do you notice when you are feeling overwhelmed?**

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Additional Responses: