

Creating Your Personal Crazyiness Index (PCI)

Directions: The process of creating your own PCI is designed to be as value-free as possible. Each person uses the index by setting their own criteria. In other words, discover the behavioral signs that in your experience indicate that you are “losing it”, “getting out of hand”, or “feeling burnt out.” These are warnings that the boulder is ready to roll. Thus, it will be by your own standards that you will prepare yourself.

Following are twelve dimensions of your life in which you will identify danger signs that will indicate your life is getting crazy. Write your answers to each of the questions in the space provided.

THE TWELVE DIMENSIONS

Physical Health	Family and Significant Others
Transportation	Finances
Environment	Spiritual Life and Personal Reflection
Work	Other Compulsive or Symptomatic Behaviors
Interests	Recovery Practice and Therapeutic Self Care
Social Life	Health Relationships

1. **Physical Health:** The ultimate insanity is to not take care of our body. When your physical health deteriorates, we have nothing. Yet we seem to have little time for physical conditioning. Examples of “craziness” in this area of life include being over a certain weight, missing regular exercise for two days or more, smoking cigarettes, and feeling exhausted from lack of sleep.

How do you know that you are not taking care of your body?

1. _____
2. _____
3. _____

2. **Transportation:** How people get from place to place is often a statement about lifestyle. Take, for example, a car owner who seldom comes to a full stop, routinely exceeds the speed limit, runs out of gas, forgets to check the oil, puts off needed repairs, neglects to clean the backseat, and averages three speeding tickets and ten parking tickets per year. Another example is the bus rider who routinely misses the bus, forgets to carry change, or frequently leaves a smartphone or purse on the bus.

What are the transportation behaviors that indicate your life is getting out of control?

1. _____
2. _____
3. _____

3. **Environment:** To not have time to do your personal chores is a comment on the order of your life. Consider the home in which the plants usually go unwatered, fish are unfed, grocery supplies are depleted, laundry is not done or put away, cleaning is neglected, and dishes go unwashed.

What are ways in which you neglect your home or living space?

1. _____
2. _____
3. _____

4. **Work:** Chaos at work is risky for recovery. Signs of chaotic behavior are failing to return phone calls within twenty-four hours, showing up late for appointments, falling behind in promised work, having an unmanageable in-basket, and putting “too many irons in the fire.”

When your life is unmanageable at work, what are your behaviors?

1. _____
2. _____
3. _____

5. **Interests:** What are some positive interests, besides work, that give you perspective on the world? Music, reading, photography, fishing, or gardening are examples.

What are you doing when you are not overextended?

1. _____
2. _____
3. _____

6. **Social Life.** Think of friends in your social network (beyond a significant other and family members) who provide significant support for you.

What are signs that you've become isolated, alienated, or disconnected from this network?

1. _____
2. _____
3. _____

7. **Family and Significant Others.** Examples of craziness in this area of life are staying silent, becoming overtly hostile, or engaging in passive-aggressive behaviors.

What behaviors indicate that you are disconnected from those closest to you?

1. _____
2. _____
3. _____

8. **Finances.** We handle our financial resources much like our personal resources. Signs of financial overextension include an unbalanced checking account, overdue bills, a lack of ready cash, and spending more than you earn. These may have parallels in various forms of emotional overextension.

What signs indicate that you are financially overextended?

1. _____
2. _____

3. _____

9. **Spiritual Life and Personal Reflection.** Spirituality can be diverse and include such activities as meditation, yoga, and prayer. Personal reflection includes keeping a personal journal, completing daily readings, and pursuing therapy.

What sources of routine personal reflection do you neglect when you are overextended?

1. _____
2. _____
3. _____

10. **Other Compulsive or Symptomatic Behaviors.** Compulsive behaviors that have negative consequences indicate something about your general well-being and state of overall recovery. When you watch inordinate amounts of TV, overeat, bite your nails, or develop another compulsive behavior that erodes your self-esteem, these can be signs of burnout or possible unhealthy coping mechanisms. Symptomatic behaviors such as forgetfulness, slips of the tongue, or jealousy are further evidence of overextension.

What negative compulsive or symptomatic behaviors are present when you feel “on the edge”?

1. _____
2. _____
3. _____

11. **Twelve Step Practice and Therapeutic Self-Care.** Living a Twelve Step way of life involves many practices. Group attendance, Step work, sponsorship, service, and Twelve Step phone calls to support group members become the foundation of a good recovery. For some partners attending therapy, their method of self-care may be being involved in a facilitated support group.

What recovery activities do you neglect first?

1. _____
2. _____
3. _____

- 12. Healthy Relationships.** Engaging in exploitative, abusive, or otherwise unhealthy relationships is a sign that you are not well grounded in your recovery.

What are signs that a relationship of yours is unhealthy or becoming unhealthy? Are you lying to the other person in the relationship or leaving out important pieces of the truth? Are you afraid to say what's on your mind? Are your boundaries still firm, or are you doing things someone else wants you to do even when it's not right for you?

1. _____
2. _____
3. _____

Record and Interpret Daily Examples of Your Personal Crazyness Index

Directions: The PCI is effective only when a careful record is maintained. Recording your daily progress in conjunction with regular journaling will help you to stay focused on priorities that keep life manageable; work on program efforts a day at a time; expand your knowledge of your personal patterns; and provide a warning of self-destructive cycles during periods of vulnerability.

From the thirty-six or more signs of personal crazyness you recorded, choose the seven that are most critical for you:

My critical incidents – seven key signs of personal crazyness:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

At the end of each day, review this list and assign one point to each behavior that occurred during the day. Record your total points for each day in the space provided on the Personal Crazyness Chart on the next page. If you do not record the number of points each day, that day receives an automatic score of seven. At the end of the week, total your seven daily scores for the week and make an "X" in the appropriate box in the PCI Graph. Chart your progress over a twelve-week period and reflect on where you are in your recovery.

Interpretation and Use of the PCI

The PCI is useful early on as recovery habits are established. Also, the PCI becomes helpful during periods of stress and vulnerability. Many use it as a daily reminder of their progress. These users change the items as they move forward in their recovery.

Very High Risk 40-49	Usually pursuing self-destructive behavior; overzealous about one's special interests; blames others for failures; seldom produces on time; controversial in community; success vs. achievement-oriented
High Risk 30-39	Living in extremes (overactive or inactive); relationships abbreviated; feels irresponsible and is; constantly has reasons for not following through; lives one way, talks another; works hard to catch up
Medium Risk 20-29	Often rushed; can't get it all in; no emotional margin for crisis; vulnerable to slip into old patterns; typically lives as if they have inordinate influence over others and/or feels inadequate
Stable Solidity 10-19	Resilient. Recognizes human limits; does not pretend to be more than they are; maintains most boundaries; well ordered; typically feels competent, feels supported, able to weather crisis
Optimum Health 0-9	Very resilient. Knows limits; has clear priorities; congruent with values; rooted in diversity; supportive; has established a personal system; balanced, orderly resolves crises quickly; capacity to sustain spontaneity; shows creative discipline