

## How concurrent disorders affect family life

### *Activity 4-1: Personal impact log*

This log will help you think about the effects of your loved one's mental illness and substance use problems on your own physical, emotional, social and spiritual health. It will help you break the overall impact on your life into smaller, more manageable areas of concern.

Below is an example of a personal impact log.

PERSONAL IMPACT LOG	
Physical health	Emotional health
<ul style="list-style-type: none"> <li>• chest pain has returned—too worried about my son</li> <li>• no time to go to my own doctor anymore</li> <li>• no longer exercising</li> <li>• always tired</li> <li>• can't sleep without taking sleeping medication (never used to need anything to sleep)</li> <li>• joint stiffness &amp; neck pain</li> <li>• eat high-sugar foods, don't care about my diet anymore</li> </ul>	<ul style="list-style-type: none"> <li>• constant worrying about Kevin</li> <li>• worrying about everything now</li> <li>• bad anxiety and sadness</li> <li>• I'm always angry or frustrated or depressed these days</li> <li>• I snap at my other children and then feel guilty</li> <li>• I'm angry with my husband—he gets to leave for work all day and leaves me to deal with all of our problems</li> </ul>
Social life	Spiritual life
<ul style="list-style-type: none"> <li>• never go out with husband or close friends anymore</li> <li>• never have guests over for dinner or Friday euchre nights</li> <li>• can't concentrate on reading</li> <li>• spend all of our time in emergency rooms or visiting Kevin on psychiatric wards</li> </ul>	<ul style="list-style-type: none"> <li>• do not know what this is anymore!</li> <li>• don't go to church</li> <li>• no time for my daily meditation readings</li> <li>• don't feel like doing my yoga sessions anymore</li> <li>• bitter and resentful about my son's illness—why our family?</li> <li>• angry with God</li> </ul>

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On the blank personal impact log, write down the ways your life has been affected in the areas that apply to you. You may find that you fill in only some of the areas.

You will use this information again as you work through the self-care plan in the next chapter.

PERSONAL IMPACT LOG	
Physical health	Emotional health
Social life	Spiritual life