

Choosing the Right Job for YOU

It may be helpful to work through this chart with a member of your treatment team, so you can start to figure out what kind of work experience you are ready for and want to have. You also can think about what needs to be done to reach that job goal.

What Kind of Work Should I Do?

History and Skills	
My work or volunteer experiences	
Training I have (or need) (vocational, school, etc.)	
My skills (computer, artistic, personal, etc.)	
My Preferences and Values	
What do I hope to gain from having a job?	
Who can support me and how?	
What type of work do I want? (physical or office work, etc.)	
Nuts and Bolts (planning ahead)	
Hours I want to work (full- or part-time/shift)	
Preferred location	
Transportation I will take to get there	
Additional Questions to Think About	
Do I want to disclose my mental health condition at work? (Pros and cons)	
Other:	

For more information and free recovery resources, visit www.ChoicesInRecovery.com