

## Mental Illness Stigma Reflection Worksheet

### 精神障碍污名化反思工作表

- The following is a list of some possible issues around **mental illness**. 以下列出了围绕精神障碍的一些议题
  - Mental illness & violence 精神障碍和暴力
  - Mental illness & recovery 精神障碍和康复
  - Mental illness & the future 精神障碍和未来
  - Mental illness & acceptance 精神障碍和接纳
  - Mental illness & family 精神障碍和家庭
  - Mental illness & community 精神障碍和社区
  - Mental illness & social justice 精神障碍和社会公义
  - Mental illness and advocacy 精神障碍和倡导

### Reflective Questions 反思问题

1. Reflect on **your own personal perceptions** about mental illness, and select 2 relevant issues from the list above. What are your first impressions, assumptions, beliefs, rules, or stories around them?  
反思你对精神障碍的**个人观念**，并从上面的列表中选择 2 个相关议题。你的第一印象、假设、信条、规则或围绕它们的故事是什么？
2. How do these perceptions affect **your own behaviours**, i.e., what you do or avoid doing?  
这些观念如何影响**你自己的行为**，例如，你为此做了什么或避免做什么？
3. Reflect on the **general societal perception** about mental illness, and select 2 relevant issues from the list above. What are the common assumptions, beliefs, rules, or stories around these issues?  
反思对精神障碍的**社会普遍观念**，并从上面的列表中选择 2 个相关议题。社会大众对这些问题的常见假设、信条、规则或围绕它们的故事是什么？
4. How do these social perceptions affect **your own behaviours**?  
这些社会普遍观念如何影响**你自己的行为**？
5. How do these social perceptions affect the **society**? (e.g., impact on people with and without mental illness; common behaviors and practices; structures and programs; resources and opportunities; policies and procedures, etc.)  
这些社会普遍观念如何影响**整个社会**？（例如，对有精神障碍以及没有精神障碍的人的影响；常见行为和做法；结构和项目；资源和机会；政策和程序等）

## Three Things I Did Today Worksheet 今天我做的三件事工作表

**Part A: A部分:** Write down 3 ordinary things you did today, e.g., taking a walk, a shower, etc.

写下你今天做的3件日常的事情，比如散步、淋浴等。

**Part B: B部分:** Circle one of the activities above, and consider what resource and conditions are needed for you to be able to do the above, including materials, people, infrastructure, and policies. 圈选上述活动之一，并考虑你需要哪些资源和条件才能完成上述任务，包括材料、人员、基础设施和政策。

***For example, "I drank a cup of tea."***

- *To have a cup of tea, I need tea, hot water, teacup, teapot, heat, etc.*
- *Who is involved in the production and distribution of tea, water, heat source, teacup, teapot, etc.*
- *What infrastructure / systems are involved to have tea, water, teacup, etc.*
- *What policies are involved to have tea, water, heat, teacup, etc.*

例如，“我喝了一杯茶。”

- 要喝到一杯茶，我需要茶、热水、茶杯、茶壶、热源等。
- 谁参与茶叶、水、热源、茶杯、茶壶等的生产和分销。
- 那些基础设施/系统促成了茶、水、茶杯等。
- 哪些政策涉及了产生茶、水、热源、茶杯等。

- **What is needed? 需要什么?**
  
  
  
  
  
  
  
  
  
  
- **Who is involved? 什么人参与进来了?**
  
  
  
  
  
  
  
  
  
  
- **What infrastructure / systems are involved? 需要什么基础设施/体系?**

- **What policies are involved?** 涉及到什么政策影响?

**Part C: C 部分 Relationship Map of a Single Action 单一行动关系图**

## Cultural and Personal Values Worksheet 文化和个人价值观工作表

(1) Please circle the top 3 **Cultural Values** that most reflect your up-bringing and your socio-cultural values from your family, community, and society, and write "CV" beside them; (2) Please circle the top 3 **Personal Values** of your own choice, which may or may not be the same as above, and write "PV" beside them. If there are important values that are not listed, please feel free to add them to the list. (1) 请圈出前三位文化价值观, 即三个最能反映您的成长环境, 以及源自您的家庭, 社区和社会的社会文化价值观, 并在旁边写下"CV"; (2) 请圈出前3个你自己选的个人价值观, 可能与前面所选相同或不同, 并在旁边写上"PV"。如果你发现还有未被列出的重要价值观, 请随时将其添加到列表中。

- Acceptance 接纳
- Advocacy 倡权
- Altruism 利他
- Assertiveness 果断
- Authenticity 真诚
- Autonomy 自主
- Awareness 觉知
- Balance 平衡
- Benevolence 仁厚
- Calmness 镇静
- Caring 关心
- Charity 慈善
- Choice 选择的自由
- Closeness 亲近
- Collectivism 集体主义
- Compassion 恻隐心
- Competence 胜任
- Conformity 服从
- Connectedness 相互连接
- Conscientious 良知
- Consideration 体贴周到
- Consistency 一致性
- Contribution 贡献
- Cooperation 合作
- Courage 勇气
- Creativity 创造力
- Curiosity 好奇心
- Dedication 奉献
- Deference 顺从
- Dependability 可靠
- Determination 坚定
- Dignity 尊严
- Diligence 勤奋
- Discipline 守纪
- Diversity 多元
- Efficiency 高效
- Empathy 共情
- Enthusiasm 热情
- Equality 平等
- Equanimity 泰然处之
- Excellence 卓越
- Expressiveness 有表达力
- Fairness 公平
- Faithfulness 忠诚
- Family 顾家
- Filial Piety 孝顺
- Flexibility 灵活
- Forbearance 隐忍
- Fortitude 坚忍不拔
- Freedom 自由
- Friendliness 友善
- Gallantry 英勇
- Generosity 慷慨
- Gratitude 感恩
- Growth 成长
- Harmony 和睦
- Helpfulness 互助
- Honesty 诚实
- Honor 光荣
- Hopefulness 希望
- Humaneness 人道
- Humility 谦虚
- Humor 幽默
- Inclusion 包容
- Independence 独立
- Industry 勤劳
- Ingenuity 别具匠心
- Inspiration 激励
- Integrity 独创力
- Interdependence 互相依赖
- Intimacy 亲密
- Joy 和悦
- Justice 公正
- Kindness 善良
- Knowledge 知识
- Leadership 领导才能
- Learning 学习
- Logic 逻辑
- Loving 爱心
- Loyalty 忠诚
- Mastery 娴熟
- Meticulousness 谨小慎微
- Mindfulness 正念
- Moderation 中庸
- Motivation 动力
- Mutuality 互相依存
- Naturalness 自然
- Nurturing 滋养
- Openness 开放
- Order 秩序
- Participation 参与
- Patience 耐心
- Peace 平和
- Perceptiveness 有洞察力
- Practicality 实用
- Preparedness 有备
- Productivity 多产
- Prudence 谨慎
- Purity 纯洁
- Purpose 目的明确
- Reasonableness 合理
- Reflection 反思
- Renunciation 自我克制
- Resilience 恢复力
- Respect 尊重
- Rite 礼仪
- Sacrifice 牺牲精神
- Security 安全
- Self-control 自控
- Sincerity 真诚
- Spirituality 灵性
- Stability 稳定
- Strength 力量
- Temperance 节制
- Tolerance 忍耐
- Trust 相信
- Truthfulness 真实
- Understanding 理解
- Virtue 美德
- Vision 展望
- Vitality 活力
- Wisdom 智慧

## Your Legacy Worksheet 你的传承工作表

Imagine a time in your future when everything has unfolded as planned and you have been able to do all the things you would like to do. Several people whose you have touched have decided to write down something about you to show their appreciation and to ensure that your legacy is not forgotten. These narratives may be part of a biography, a wiki webpage about you, a grand speech, or even an epic poem or song. Select **three** people who would be the authors of these narratives, e.g., your family, friends, or others in the community. Write brief narratives (a few sentences to a short paragraph) **from their perspective** to capture your **values** (i.e., what you care most about) and your **choices** and **actions** that demonstrate these values. Underline your values in these narratives.

想象一下，在你的未来，一切都按计划展开，你已经能够完成你想做的所有事情。几个被你感动的人决定写下你的一些事情来表达他们的赞赏之情，以确保你的传承不被遗忘。这些描述可能是你的传记，关于你的维基网页，一场盛大的演讲，或者是关于你的史诗或歌曲的一部分。请选择三个将成为这些叙事作者的人，例如您的家人、朋友或社区中的其他人。从他们的角度写出简短的描述（几句话到一个短段落）来捕捉你的价值观（即你最关心的东西）以及凸显你的价值观的选择和行动。请在描述中，你的价值观下面划线。

e.g. Author #1: *dad*

Narrative #1: "My daughter is a caring woman and is a believer in generosity, and she has chosen to dedicate her life to ...."

例如：作者 #1: 爸爸

叙述 #1: "我的女儿是一个充满爱心的女性，是慷慨的信奉者，她选择致力于....."。

Author #1 作者#1: \_\_\_\_\_

叙事 #1:

Author 作者#2: \_\_\_\_\_

Narrative 叙事#2:

Author 作者 #3: \_\_\_\_\_

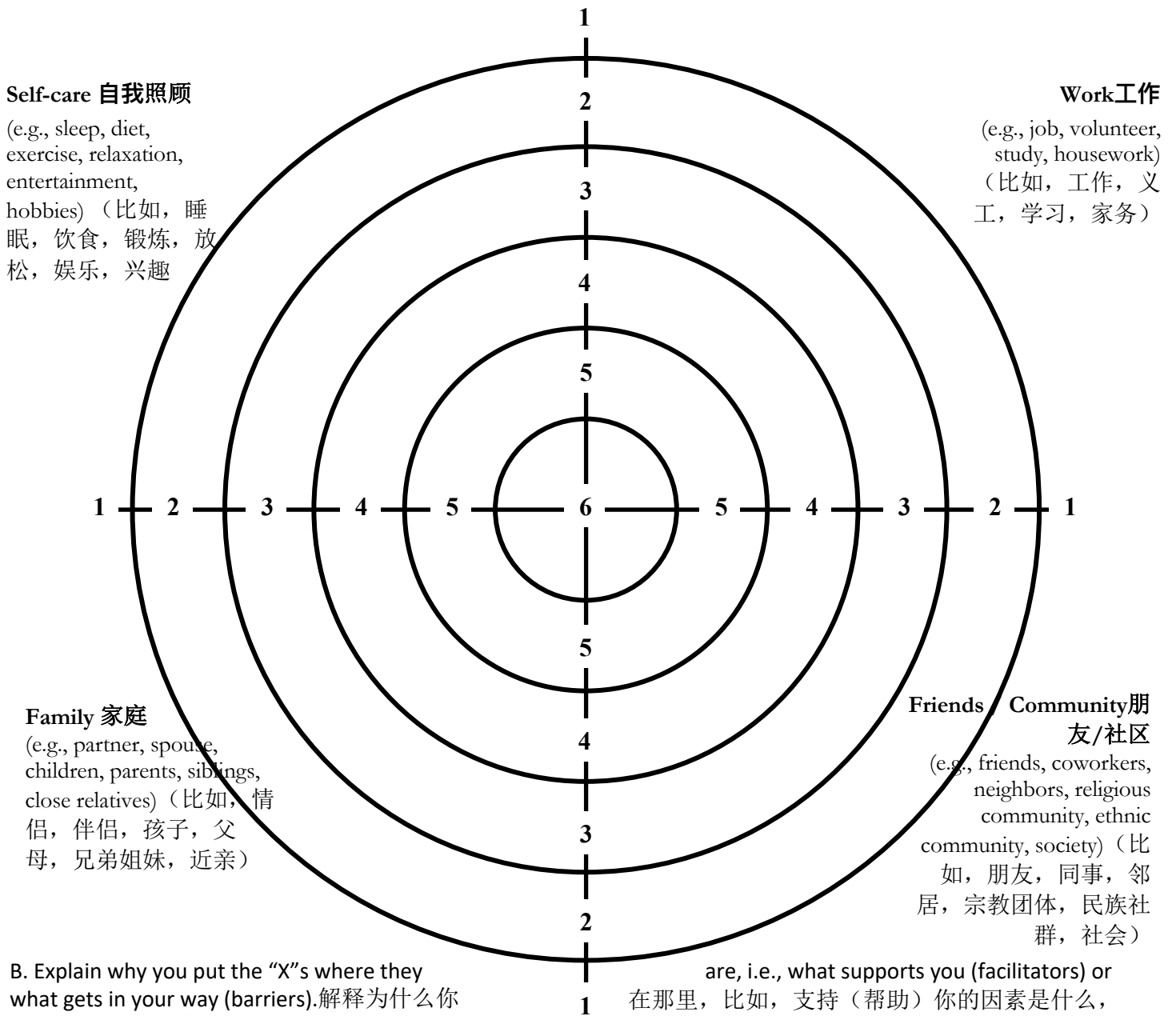
Narrative 叙事 #3:

## Bulls Eye & Valued Living Worksheet 靶心&有价值的人生工作表

Are you doing what is most important to you? When our values and our actions are consistent and aligned, we will be in the centre of the bulls eye. Please rate the consistency of your current actions with respect to your own values in the following four areas of life by putting an "X" in each quadrant. For example:

你在做对你来说最重要的事情吗？当我们的价值观和行动保持连续并一致时，我们将处于靶心的中心。请在以下四个生活领域中评估你当前的行为与您自己价值观的一致性，并在每个象限中画上“X”以示结果。例如：

- *Mary values an active lifestyle AND regularly exercises. Even though she is dying of cancer, she puts an "X" in the centre of the self-care quadrant because she is quite satisfied with her actions being in line with her values.*  
玛丽重视积极的生活方式并定期锻炼身体。即使她将死于癌症，她也会在自我照顾象限的中心放置一个“X”，因为她对自己的行为符合她的价值观非常满意。
- *Johnny is physically healthy. He values an active lifestyle too, but he doesn't exercise anymore. He marks an "X" in one of the outer circles, because he is not currently doing what he values and is dissatisfied with his actions.*  
约翰尼身体健康。他也非常重视活跃的生活方式，但他不再运动了。他在其中一个外圈中画上了一个“X”，因为他目前没有做他所重视的事情而且对他的行为不满意。
- *Tom doesn't value about having an active lifestyle and so he never exercises. He takes care of himself in other ways by eating and sleeping well. He puts an "X" in self-care in the centre because he is already doing what is important to him.*  
汤姆并不珍重活跃的生活方式，所以他从不运动。他以其他的方式，比如吃好和睡好来照顾自己。他把“X”放在自我照顾象限的内中心，因为他已经在做于他来说很重要的事了。
- *Susan values a close relationship with her father, and visits him weekly at a nursing home. He has dementia and yells at her every time she visits. She puts an "X" in the center of family quadrant because she is satisfied with her own actions.*  
苏珊重视与父亲的亲密关系，并每周在养老院拜访他。他患有老年痴呆症并在苏珊每次拜访时都对苏珊大喊大叫。她将“X”放在家庭象限的中心，因为她对自己的行为感到满意。



<p><b>Self-care: 自我照顾</b></p>	<p><b>Work 工作:</b></p>
<p><b>Family 家庭:</b></p>	<p><b>Friends/Community 朋友和社区:</b></p>

**Committed Action Plan Worksheet 承诺行动计划工作表**  
**Stigma Reduction & Mental Health Promotion 减少污名化&促进精神健康**

Values 价值: \_\_\_\_\_

Goals 目标: \_\_\_\_\_

1. List **3 actions** below that will help you accomplish your valued driven goals in stigma reduction and/or mental health promotion.  
在下面列出3个行动，以帮助您实现由价值观驱动的，减少污名化和/或促进心理健康的目标。
2. Indicate the target of your actions: **Self (S)**, **Personal contacts like friends and families (P)**, or **Communities (C)**.  
标出您行动的对象：自我 (S) · 个人联系人 · 如朋友和家人 (P) · 或社区 (C)
3. Rank the relative level of **difficulty** among the 3 actions, from 1 (least difficult action) to 3 (most difficult action).  
对3个行动中的相对难度进行排序，从1 (最不困难的行动) 到3 (最困难的行动)。
4. Rank the relative level of your **willingness** to take action, from 1 (least willing action) to 3 (most willing action).  
排列你采取行动的意愿的相对水平，从1 (最不愿意做的行动) 到3 (最愿意做的行动)。
5. Record the actual date(s) when the actions are undertaken and your experience and results.  
记录采取行动的实际日期以及您的经历和结果。

Actions 行动	Level of Intervention 干预水平 (S/P/C)	Level of Difficulty 困难程度 (1-3)	Level of Willingness 愿意程度 (1-3)	Date 日期	Experience / Results 经历/结果