



Personal Craziness Index Part Two—Recording Your PCI

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

From the thirty or more signs of personal craziness you recorded, choose the seven that are most critical for you. At the end of each day, review the list of seven key signs and count the ones you did that day, giving each behavior one point. Record your total for that day in the space provided on the chart. If you fail to record the number of points for each day, that day receives an automatic score of 7. (If you cannot even do your score, you are obviously out of balance.) At the end of the week, total your seven daily scores and make an X on the graph. Pause and reflect on where you are in your recovery. Chart your progress over a twelve-week period.

My seven key signs of personal craziness:

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

Interpretation of the PCI

A guideline for understanding your score is suggested below:

Optimum Health 0-9

Knows limits; has clear priorities; behavior congruent with values; rooted in diversity; supportive; has established a personal system; balanced, orderly; resolves crises quickly; capacity to sustain spontaneity; shows creative discipline.

Stable Solidity 10-19

Recognizes human limits; does not pretend to be more than he or she is; maintains most boundaries; well ordered; typically feels competent; feels supported; able to weather crisis.

Medium Risk 20-29

Slipping; often rushed; can't get it all in; no emotional margin for crisis; vulnerable to slip into old patterns; typically lives as if has inordinate influence over others and/or feels inadequate.

High Risk 30-39

Living in extremes (overactive or inactive); relationships abbreviated; feels and is irresponsible; constantly has reasons for not following through; lives one way, talks another; works hard to catch up.

Very High Risk 40-49

Usually pursuing self-destructive behavior; often totally into mission, cause or project; blames others for failures; seldom produces on time; controversial in community; success vs. achievement-oriented.