

RITB-Warwick-Edinburgh Neoliberal Mental Wellbeing Scale

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I eat kale every day and would like to eat more					
I have Recovered™ multiple times already					
I salivate at the sight of a Recovery College prospectus					
I use inspirational quotes to excess					
A psychological formulation is most empowering when imposed on me without my knowledge					
I use mindfulness to 'notice' the destitution caused by the DWP and 'float away'					
Belief in an internal locus of control is my religion					
It's my personal responsibility to overcome structural inequality					
It is unwise to harbour high expectations of mental health professionals					
I think highly of acronyms					
I want to do zero hours, low paid work for my self-worth, to give my poverty meaning					
I understand that CBT is not Cock and Ball Torture					
An evidence base for mental health interventions is not necessary to me					
I like my hobbies prescribed to me					
I use my 365 distraction lists for every day of the year					
Drinking a cup of tea in the bath while phoning the Samaritans will cure any crisis					
Thinking for myself has got me into trouble in the past					
I give myself new names, like Change Agent and LeaderLeader, to make myself feel important in situations where I'm powerless					
My gratitude lists are more powerful than NICE clinical guidelines					
The lip service my mental health trust pays to user involvement is enough for me					
If I agree with what professionals say, I'm confident they will empower me					
I will engage and Recover or else take full responsibility for my sick-role					
Reducing my dependency on mental health services is for my own benefit, and has nothing to do with money or ideology					
Recovery principles CHIME with my own views					

