

Well check

Participation in any need-response program of the Anankelogy Foundation includes holding us all accountable to impacted wellness measures.

This tool tracks changes in your impacted wellness as you move toward exoneration. It checks how each service milestone contributes to your wellbeing. The more the chart lines go down, the more we know we are onto something good.



The incarcerated innocence claimant delegates to someone they trust to 1) send them this form, 2) return this form, and 3) transcribe the results when prompted in the program.

The incarcerated innocence claimant authorizes the person as their proxy representative in the program. They assign a power of attorney using the appropriate Proxy Designation Form.

The proxy is asked to send this form early in the program, whether a paper version as permitted or delivered via email as a PDF. The proxy then has the incarcerated innocence claimant client respond to the items when prompted. Then the client sends those responses to the proxy, in as discreet a manner as possible to preserve their HIPPA rights.

It is up to the proxy to track these results in the provided well check spreadsheet tool. Who can then send a copy to the client as both agree is best.

Baseline anxiety

Every need-response service captures the baseline of the client's current wellness levels. We know we are making progress when improving upon this initial score. Answer how frequently you experience each of these seven anxiety items, to give us a strong starting point. Then check the results below.

1. Feeling nervous, anxious or on edge

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

2. Not being able to stop or control worrying

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

3. Worrying too much about different things

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

4. Trouble relaxing

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

5. Being so restless that it's hard to sit still

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

6. Becoming easily annoyed or irritable

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

7. Feeling afraid, as if something awful might happen

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

Your responses here help establish a baseline. High numbers are okay. They give you plenty of room to improve upon in the days to come.

Need-response recognizes how the persisting problem of a wrongful conviction can tax your wellness. Which can manifest in increased levels of anxiety, depression and addictiveness. Only need-response helps you resolve such a problem at its source, to restore you to fuller wellness.

Only need-response seeks to remove your cause for anxiety by addressing its source. Specifically when it comes from overreaching authority. Only need-response incentivizes those powerholders with a mutuality option more effective than adversarial legal options.

NOTE: This data qualifies as personal health information protected by law. We are prohibited from sharing it without your permission. However, you agree by your participation in this program to allow us to share it publicly without any links to your identity, as permitted by law, to enable us to demonstrate the program's effectiveness.

Baseline depression

Every need-response service captures the baseline of the client's current wellness levels. We know we are making progress when improving upon this initial score. Answer how frequently you experience each of these five addictiveness items, to give us a strong starting point. Then check the results below.

1. Little interest or pleasure in doing things
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
2. Feeling down, depressed, or hopeless
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
3. Trouble falling or staying asleep, or sleeping too much
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
4. Feeling tired or having little energy
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
5. Poor appetite or overeating
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
7. Trouble concentrating on things, such as reading the newspaper or watching television
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
8. Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
9. Thoughts that you would be better off dead, or of hurting yourself
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day
10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?
☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

Your results can help validate or invalidate our assumption that any depression you suffer stems from the wrongful conviction. Depression denies you energy to give to others. It forces you take better care of your neglected self.

The closer we reach your goal for exoneration, the more your depression should go away. Unless you suffer any depression for other reasons. But at least we get to the source of much of it.

Baseline addictiveness

Every need-response service captures the baseline of the client's current wellness levels. We know we are making progress when improving upon this initial score. Answer how frequently you experience each of these five addictiveness items, to give us a strong starting point. Then check the results below.

1. Feeling nervous, anxious or on edge

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

2. Not being able to stop or control worrying

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

3. Worrying too much about different things

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

4. Trouble relaxing

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

5. Being so restless that it's hard to sit still

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

Your results can help validate or invalidate our assumption that addictions serve as coping mechanisms when desperately trying to deal with the pain of something as horrific as a wrongful conviction.

Addictiveness covers more than just addiction. You may find the willpower to suppress bad habits and not act on illicit desires, but you still suffer from addictiveness. Think of this as the obsessive cravings that robs your focus until you can make the pain go away.

One reason for such consuming cravings is your unmet need for exoneration. The more your need for others to recognize your innocence goes unheeded, the more your body insists to remove this threat to your wellbeing. You can't, so the pain mounts to unbearable levels. You find ways to cope with that pain, and some of those methods can prove addictive.

Others acting on their prejudices may wrongly assume that your coping mechanisms existed before your alleged violence toward another. They put the proverbial cart before the horse. Are they coping with the unpleasant truth that the courts make costly mistakes? The more this program enables you to remove threats to your wellbeing, the easier for you to let go of your coping mechanisms. And then others will recognize your innocence more clearly.

Milestone 1: quick assess

When prompted, assess your current level of anxiety, or depression, and of addictiveness. These empirical measures hold us accountable to serving your inflexible needs.

Anxiety assessment 1 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 1 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 1 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

Milestone 2: quick assess

Anxiety assessment 2 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 2 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 2 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

The more these levels decline, the better we are doing. Progress isn't necessarily linear. Leveling or increases may occur. An overall pattern of improvement should emerge as we stay the course.

Milestone 3: quick assess

When prompted, assess your current level of anxiety, or depression, and of addictiveness. These empirical measures hold us accountable to serving your inflexible needs.

Anxiety assessment 3 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 3 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 3 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

Milestone 4: quick assess

Anxiety assessment 4 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 4 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 4 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

The more these levels decline, the better we are doing. Progress isn't necessarily linear. Leveling or increases may occur. An overall pattern of improvement should emerge as we stay the course.

Milestone 5: quick assess

When prompted, assess your current level of anxiety, or depression, and of addictiveness. These empirical measures hold us accountable to serving your inflexible needs.

Anxiety assessment 5 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 5 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 5 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

Milestone 6: quick assess

Anxiety assessment 6 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 6 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 6 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

The more these levels decline, the better we are doing. Progress isn't necessarily linear. Leveling or increases may occur. An overall pattern of improvement should emerge as we stay the course.

Milestone 7: quick assess

When prompted, assess your current level of anxiety, or depression, and of addictiveness. These empirical measures hold us accountable to serving your inflexible needs.

Anxiety assessment 7 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 7 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 7 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

Milestone 8: quick assess

Anxiety assessment 8 of 8

At what level are you experiencing *anxiety* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel anxious at all |
| <input type="checkbox"/> It's a concerning problem | |

Depression assessment 8 of 8

At what level are you experiencing *depression* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I don't feel depressed at all |
| <input type="checkbox"/> It's a concerning problem | |

Addictiveness assessment 8 of 8

At what level are you experiencing *addictiveness* today?

- | | |
|--|--|
| <input type="checkbox"/> It's overwhelming my life | <input type="checkbox"/> It's at a manageable level |
| <input type="checkbox"/> It's consuming my focus | <input type="checkbox"/> I have no compulsive cravings |
| <input type="checkbox"/> It's a concerning problem | |

The more these levels decline, the better we are doing. Progress isn't necessarily linear. Leveling or increases may occur. An overall pattern of improvement should emerge as we stay the course.

Final anxiety assessment

When prompted, assess your anxiety. This time, you will use the same measures that you did in the beginning. We will compare these results with those you gave for your baseline. Then we will know how successful we were in reducing your anxiety, so you can return to greater wellness.

2. Feeling nervous, anxious or on edge

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

2. Not being able to stop or control worrying

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

3. Worrying too much about different things

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

4. Trouble relaxing

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

5. Being so restless that it's hard to sit still

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

6. Becoming easily annoyed or irritable

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

7. Feeling afraid, as if something awful might happen

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

Suffering injustice can give you many reasons to feel anxious. Anxiety occurs when your body warns you that you are threatened with something you are not fully prepared to handle. Anxiety is not simply in your head. Neither is depression.

A wrongful conviction is depressing. Depression robs you of energy to focus more on the neglected inner corners of your life. Including your neglected innocence. Energy you expect to invest in your social realm gets redirected inward, beyond your control. Your body insists that you shut down for awhile to address your overlooked innocence. That's exactly what this program aims to do.

You likely found ways to cope with the anxieties of the wrongful conviction, along with the anxieties of living in prison where you know you don't belong. You find ways to manage feeling depressed. This raises your risk for addictiveness. Without a prompt path to remove cause for such pain, as we aim to do now, you understandably become emotionally attached to the ways that help you avoid the brunt force of this pain. The closer to exoneration, the easier to let go of these coping mechanisms.

Whether officially exonerated or publicly exonerated, your wellness should improve. You will have less of a reason to suffer anxiety, or depression, or addictiveness. The more the public recognizes your innocence, your wellbeing should significantly improve. As your needs resolve, you suffer less pain and improve your ability to more fully function. You become more well, and more alive.

Final depression assessment

When prompted, assess your depression. This time, you will use the same measures that you did in the beginning. We will compare these results with those you gave for your baseline. Then we will know how successful we were in reducing any depression, so you can return to greater wellness.

2. Little interest or pleasure in doing things

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

2. Feeling down, depressed, or hopeless

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

3. Trouble falling or staying asleep, or sleeping too much

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

4. Feeling tired or having little energy

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

5. Poor appetite or overeating

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

6. Feeling bad about yourself or that you are a failure or have let yourself or your family down

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

7. Trouble concentrating on things, such as reading the newspaper or watching television

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

8. Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

9. Thoughts that you would be better off dead, or of hurting yourself

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

If you still struggle with depression, remember that this program targets only one likely source for it. As you are able to reduce the level of feeling depressed, you should find it easier to address other sources of depression. For example, lost family ties. Or losing the chance to pursue a meaningful career. Or all the friends you had who moved on with their lives without you.

Final addictiveness assessment

When prompted, assess your addictiveness. This time, you will use the same measures that you did in the beginning. We will compare these results with those you gave for your baseline. Then we will know how successful we were in reducing your addictiveness, so you can return to greater wellness.

1. Feeling nervous, anxious or on edge

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

2. Not being able to stop or control worrying

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

3. Worrying too much about different things

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

4. Trouble relaxing

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

5. Being so restless that it's hard to sit still

☐ not at all ☐ several days ☐ more than half the days ☐ nearly every day

After filling in every field to assess your impacted wellness, you will see here a summary of the results of this problem-solving program. You may see some significant improvements. If not, other problems persist. Some of those problems likely resulting from the wrongful conviction.

After your final self-assessment, you will see the results here. Keep in mind that others may doubt the reliability of self-assessed levels of anxiety, depression and addictiveness. Let it serve as a starting point for greater understanding.

When we can credit your sponsors for improving your wellness, by enabling you to resolve your stubborn problem, we can measurably verify their legitimacy. Whether officially exonerated or publicly exonerated, you reinforce your claim of innocence by demonstrating greater wellness.

Refer to the well check spreadsheet tool for more specific results. And to see these results graphed in a chart.

We anticipate the lines in the graph may go up and down some, while gradually declining. While your levels of anxiety, depression and addictiveness will not likely drop to zero, we celebrate any improvement.

The results either validate or invalidate our hypothesis that solving a stubborn problem will improve wellbeing. Or that a persisting problem undermines full wellbeing.

Only the new profession of need-response holds all involved accountable to measurably improved wellness of the client. We aim to measurably succeed.