

# Your Wellness Outcomes

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.

	Baseline	Milestone 1	Milestone 2	Milestone 3	Milestone 4	Milestone 5	Milestone 6	Milestone 7	Milestone 8	Final
Anxiety	71%	75%	75%	75%	100%	75%	25%	25%	0%	14%
Depression	70%	100%	75%	50%	50%	25%	50%	0%	25%	17%
Addictiveness	40%	50%	100%	50%	75%	25%	25%	0%	25%	13%



## Public Exoneration

**anxiety**

**depression**

**addictiveness**

The first two uses empirically validated self-assessment tools.

**Measuring anxiety outcomes**

**psychometric tool: GAD-7 pdf**

**Measuring depression outcomes**

**psychometric tool: PHQ-9 pdf**

**Measuring addictiveness**

**Assessing impacted wellness levels with each milestone**

**Baseline Anxiety**Date: **Sunday, January 19, 2025**

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.

**Anxiety assessment 1** How frequent does each apply in the last two weeks?

1.	Feeling nervous, anxious or on edge	<b>more than half the days</b>
2.	Not being able to stop or control worrying	<b>nearly every day</b>
3.	Worrying too much about different things	<b>more than half the days</b>
4.	Trouble relaxing	<b>several days</b>
5.	Being so restless that it's hard to sit still	<b>several days</b>
6.	Becoming easily annoyed or irritable	<b>nearly every day</b>
7.	Feeling afraid, as if something awful might happen	<b>nearly every day</b>

Your baseline score of self-reported anxiety: **71%****Wellness update**

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-reponse helps you resolve such a problem at its source, to restore you to fuller wellness.

Your responses give you a baseline score of 71%. Your self-reported level of anxiety can be described as "severe anxiety".

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 mutality 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**Date: **Sunday, January 19, 2025**

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 ten depression items, to give us a strong starting point. Then check the results below.

**Depression assessment 1**

How frequent does each apply in the last two weeks?

1.	Little interest or pleasure in doing things	<b>more than half the days</b>
2.	Feeling down, depressed, or hopeless	<b>nearly every day</b>
3.	Trouble falling or staying asleep, or sleeping too much	<b>several days</b>
4.	Feeling tired or having little energy	<b>nearly every day</b>
5.	Poor appetite or overeating	<b>nearly every day</b>
6.	Feeling bad about yourself or that you are a failure or have let yourself or your family down	<b>more than half the days</b>
7.	Trouble concentrating on things, such as reading the newspaper or watching television	<b>more than half the days</b>
8.	Moving or speaking so slowly that other people could have noticed. Or the opposite being so figety or restless that you have been moving around a lot more than usual	<b>nearly every day</b>
9.	Thoughts that you would be better off dead, or of hurting yourself	<b>more than half the days</b>
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?	<b>somewhat difficult</b>

Your baseline score of self-reported depression: **70%****Wellness update**

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.

Your responses give you a baseline score of 70%. Your self-reported level of anxiety can be described as "severe depression". Together, we can improve upon this.

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**Date: **Sunday, January 19, 2025**

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.

**Addictiveness assessment 1** How frequent does each apply in the last two weeks?

1.	I spent more money on my addiction than what I can reasonably afford	<b>several days</b>
2.	I was unable to meet all of my social commitments because of my addiction	<b>more than half the days</b>
3.	I was unable to go to work because of my addiction	<b>not at all</b>
4.	I relied on my addiction to cope with intolerable emotional pain	<b>several days</b>
5.	I had stopped acting on my addiction but relapsed	<b>more than half the days</b>

Your baseline score of self-reported anxiety: **40%****Wellness update**

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 unberable 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**Date: **Sunday, February 2, 2025**

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****75%**At what level are you experiencing *anxiety* today?**It's consuming my focus****Depression assessment 1 of 8****100%**At what level are you experiencing *depression* today?**It's overwhelming my life****Addictiveness assessment 1 of 8****50%**At what level are you experiencing *addictiveness* today?**It's a concerning problem**

Compared to last time, your level of anxiety is declining, your level of depression is declining, and your level of addictiveness is declining. Stay the course for improving your wellness in the long run.

**Milestone 2      quick assess**Date: **Sunday, February 16, 2025**

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 2 of 8****75%**At what level are you experiencing *anxiety* today?**It's consuming my focus****Depression assessment 2 of 8****75%**At what level are you experiencing *depression* today?**It's consuming my focus****Addictiveness assessment 2 of 8****100%**At what level are you experiencing *addictiveness* today?**It's overwhelming my life**

Compared to last time, your level of anxiety is leveling, your level of depression is increasing, and your level of addictiveness is declining. Stay the course for improving your wellness in the long run.

**Milestone 3      quick assess**Date: **Sunday, March 2, 2025**

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** **75%**At what level are you experiencing *anxiety* today?**It's consuming my focus****Depression assessment 3 of 8** **50%**At what level are you experiencing *depression* today?**It's a concerning problem****Addictiveness assessment 3 of 8** **50%**At what level are you experiencing *addictiveness* today?**It's a concerning problem**

Compared to last time, your level of anxiety is leveling, your level of depression is increasing, and your level of addictiveness is increasing. Stay the course for improving your wellness in the long run.

**Milestone 4      quick assess**Date: **Sunday, March 16, 2025**

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 4 of 8** **100%**At what level are you experiencing *anxiety* today?**It's overwhelming my life****Depression assessment 4 of 8** **50%**At what level are you experiencing *depression* today?**It's a concerning problem****Addictiveness assessment 4 of 8** **75%**At what level are you experiencing *addictiveness* today?**It's consuming my focus**

Compared to last time, your level of anxiety is declining, your level of depression is leveling, and your level of addictiveness is declining. Stay the course for improving your wellness in the long run.

**Milestone 5 quick assess**Date: **Sunday, April 6, 2025**

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** **75%**At what level are you experiencing *anxiety* today?**It's consuming my focus****Depression assessment 5 of 8** **25%**At what level are you experiencing *depression* today?**It's at a manageable level****Addictiveness assessment 5 of 8** **25%**At what level are you experiencing *addictiveness* today?**It's at a manageable level**

Compared to last time, your level of anxiety is increasing, your level of depression is increasing, and your level of addictiveness is increasing. Stay the course for improving your wellness in the long run.

**Milestone 6 quick assess**Date: **Sunday, April 20, 2025**

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 6 of 8** **25%**At what level are you experiencing *anxiety* today?**It's at a manageable level****Depression assessment 6 of 8** **50%**At what level are you experiencing *depression* today?**It's a concerning problem****Addictiveness assessment 6 of 8** **25%**At what level are you experiencing *addictiveness* today?**It's at a manageable level**

Compared to last time, your level of anxiety is increasing, your level of depression is declining, and your level of addictiveness is leveling. Stay the course for improving your wellness in the long run.

**Milestone 7 quick assess**

Date:

**Sunday, May 4, 2025**

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****25%**At what level are you experiencing *anxiety* today?**It's at a manageable level****Depression assessment 7 of 8****0%**At what level are you experiencing *depression* today?**I don't feel depressed at all****Addictiveness assessment 7 of 8****0%**At what level are you experiencing *addictiveness* today?**I have no compulsive cravings**

Compared to last time, your level of anxiety is leveling, your level of depression is increasing, and your level of addictiveness is increasing. Stay the course for improving your wellness in the long run.

**Milestone 8 quick assess**

Date:

**Sunday, May 18, 2025**

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 8 of 8****0%**At what level are you experiencing *anxiety* today?**I don't feel anxious at all****Depression assessment 8 of 8****25%**At what level are you experiencing *depression* today?**It's at a manageable level****Addictiveness assessment 8 of 8****25%**At what level are you experiencing *addictiveness* today?**It's at a manageable level**

Compared to last time, your level of anxiety is increasing, your level of depression is declining, and your level of addictiveness is declining. Stay the course for improving your wellness in the long run.



Final anxiety assessment

Date: Sunday, June 1, 2025

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.

Anxiety final assessment

How frequent does each apply in the last two weeks?

1.	Feeling nervous, anxious or on edge	not at all
2.	Not being able to stop or control worrying	several days
3.	Worrying too much about different things	not at all
4.	Trouble relaxing	several days
5.	Being so restless that it's hard to sit still	not at all
6.	Becoming easily annoyed or irritable	several days
7.	Feeling afraid, as if something awful might happen	not at all

Your final score of self-reported anxiety: 14%

Addressing your wellness needs

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**

Date:

**Sunday, June 1, 2025**

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.

**Depression final assessment**

How frequent does each apply in the last two weeks?

1.	Little interest or pleasure in doing things	<b>several days</b>
2.	Feeling down, depressed, or hopeless	<b>several days</b>
3.	Trouble falling or staying asleep, or sleeping too much	<b>not at all</b>
4.	Feeling tired or having little energy	<b>several days</b>
5.	Poor appetite or overeating	<b>several days</b>
6.	Feeling bad about yourself or that you are a failure or have let yourself or your family down	<b>not at all</b>
7.	Trouble concentrating on things, such as reading the newspaper or watching television	<b>not at all</b>
8.	Moving or speaking so slowly that other people could have noticed. Or the opposite being so figety or restless that you have been moving around a lot more than usual	<b>several days</b>
9.	Thoughts that you would be better off dead, or of hurting yourself	<b>not at all</b>
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?	<b>not at all</b>

Your final score of self-reported depression: **17%****Addressing your wellness needs**

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.

Consider working with a counselor to identify and address these other areas. Then introduce them to this problem-solving resource that addresses the social roots to depression. Show them how you can build a support team that you incentivize to respond more effectively to each other's needs. The more we can resolve needs, the less cause for anyone to feel depressed.

**Final addictiveness assessment**

Date:

**Sunday, June 1, 2025**

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.

**Addictiveness final assessment** How frequent does each apply in the last two weeks?

1.	I spent more money on my addiction than what I can reasonably afford	<b>not at all</b>
2.	I was unable to meet all of my social commitments because of my addiction	<b>not at all</b>
3.	I was unable to go to work because of my addiction	<b>several days</b>
4.	I relied on my addiction to cope with intolerable emotional pain	<b>several days</b>
5.	I had stopped acting on my addiction but relapsed	<b>not at all</b>

Your final score of self-reported addictiveness: **13%****Addressing your wellness needs**

Now that you filled every field to assess your impacted wellness, your self-reporting indicates that you are now less anxious, less depressed, and less addictive as before. Other persisting problems could hinder you from reaching full wellness. Problems likely resulting from the wrongful conviction.

Compared to when you first started, according to your self-reporting, your recovery from anxiety has improved by 57%. Your recovery from depression has improved by 53%. And your recovery from addictiveness has improved by 27%. We expect it's mostly because of this problem-solving program.

Baseline anxiety:	71%	Final anxiety:	14%
Baseline depression:	70%	Final depression:	17%
Baseline addictiveness:	40%	Final addictiveness:	13%

Great! Whether you are closer to official exoneration or public exoneration, or can find a meaningful path independent of exoneration, you are now closer than ever to living life more fully. You are now better equipped to compel the public of your innocence.

**anxiety****depression****addictiveness**