



Name:

Start Date:

Think back over the last week and mark the circle on the chart that best describes your experience.

How well have you done at connecting with positive and supportive people?					
	Not so good	OK	Good	Great	
	1	2	3	4	
4	○	○	○	○	○
3	○	○	○	○	○
2	○	○	○	○	○
1	○	○	○	○	○
0	○	○	○	○	○
	1	2	3	4	5
	6	7	8		

How have things been in close relationships?					
	Very difficult	Difficult	Not so good	OK	Good
	0	1	2	3	4
4	○	○	○	○	○
3	○	○	○	○	○
2	○	○	○	○	○
1	○	○	○	○	○
0	○	○	○	○	○
	1	2	3	4	5
	6	7	8		

How have things been socially? (e.g. at work/school/college, at social events, appointments, shopping, volunteering in your community, and in groups/clubs you attend.)					
	Very difficult	Difficult	Not so good	OK	Good
	0	1	2	3	4
4	○	○	○	○	○
3	○	○	○	○	○
2	○	○	○	○	○
1	○	○	○	○	○
0	○	○	○	○	○
	1	2	3	4	5
	6	7	8		

How were your emotions and feelings?					
	Very difficult	Difficult	Not so good	OK	Good
	0	1	2	3	4
4	○	○	○	○	○
3	○	○	○	○	○
2	○	○	○	○	○
1	○	○	○	○	○
0	○	○	○	○	○
	1	2	3	4	5
	6	7	8		

Overall, how has your week been?					
	Very difficult	Difficult	Not so good	OK	Good
	0	1	2	3	4
4	○	○	○	○	○
3	○	○	○	○	○
2	○	○	○	○	○
1	○	○	○	○	○
0	○	○	○	○	○
	1	2	3	4	5
	6	7	8		

DISCLAIMER: If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines. This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice. This paper version of this tool is free to use and share – but not alter. Users are solely responsible for their use of this tool. The creator, Gearóid Carey, assumes no responsibility for any consequences arising from its use. Gearóid Carey disclaims all liability for any damages or harm resulting from the use, reference to, or reliance on this tool. Not suitable for Children or young adolescents. Older adolescents should only use this tool under the supervision of a responsible adult, such as a parent or legal guardian. This tool is intended as a self-help resource.

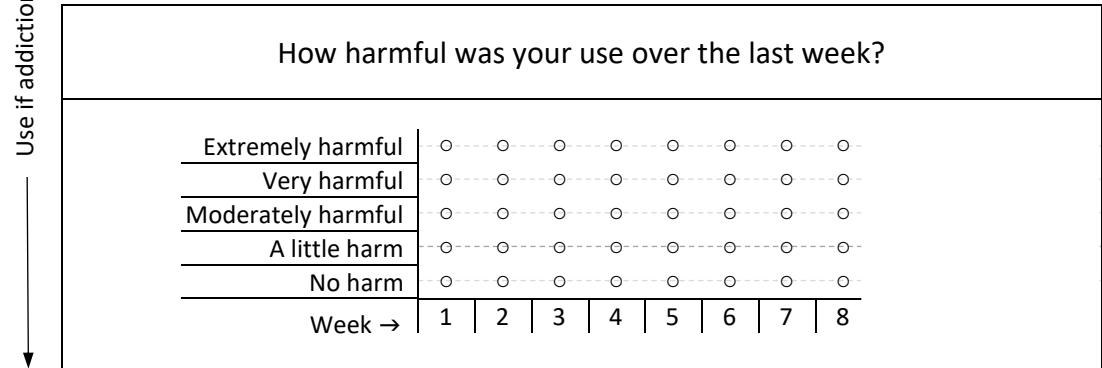
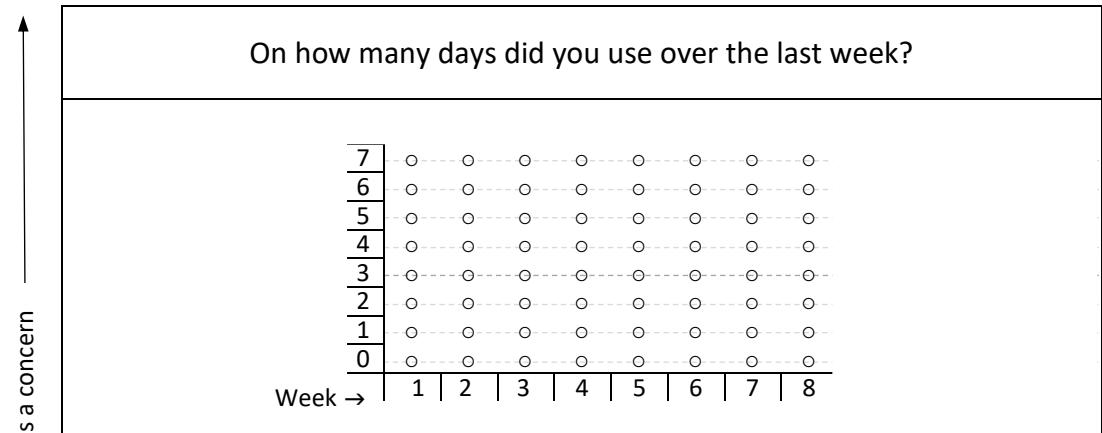
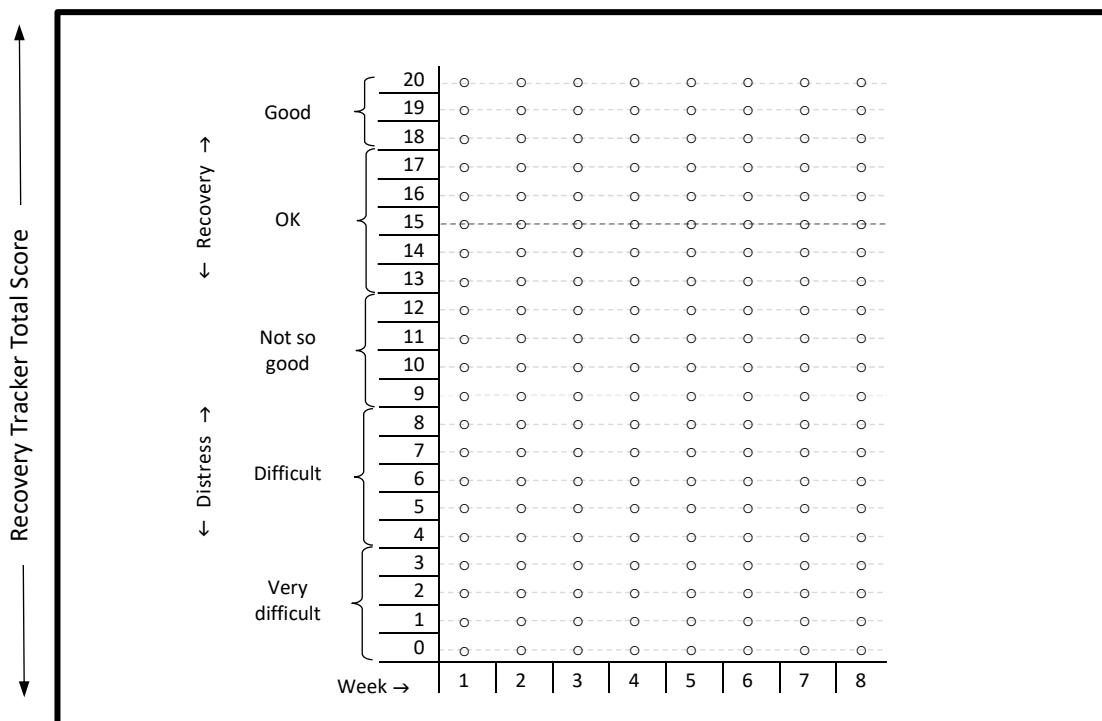
RECOVERY TRACKER CHART – 2A



WellbeingTrackers.com

Name:

Start Date:



If you used over the past week and it caused moderate, little, or no harm, consider the following: *To what extent did your use put your future health and happiness at risk (e.g., escalation over time, loss of control, illness/disability, or relationship/work impact)? 0 means no risk and 10 means high risk.*

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