



Name:

Start Date:

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back over the last week and mark the circle on the chart that best describes your experience.

How well did you do at connecting with positive and supportive people?																																																																
Not so good	OK	Good	Great	<table border="1"> <tr><td>4</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>3</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>2</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>1</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>0</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr> <td></td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td></td> </tr> </table>	4	☐	☐	☐	☐	☐	☐	☐	☐	☐	3	☐	☐	☐	☐	☐	☐	☐	☐	☐	2	☐	☐	☐	☐	☐	☐	☐	☐	☐	1	☐	☐	☐	☐	☐	☐	☐	☐	☐	0	☐	☐	☐	☐	☐	☐	☐	☐	☐		1	2	3	4	5	6	7	8	
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, shopping, volunteering in your community, and in groups/clubs you attend.)																																																												
Very difficult	Difficult	Not so good	OK	Good	<table border="1"> <tr><td>4</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>3</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>2</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>1</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> <tr><td>0</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr> </table>	4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	0	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐																																																		
3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐																																																		
2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐																																																		
1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐																																																		
0	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐																																																		
0	1	2	3	4	<table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> </table>	1	2	3	4	5	6	7	8																																															
1	2	3	4	5	6	7	8																																																					

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

[illegible]

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. Children and 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. For the full disclaimer, visit www.WellbeingTrackers.com

This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice.

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 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. Children and 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. For the full disclaimer, visit www.WellbeingTrackers.com

Copyright © 2014 - 2024 Gearóid Carey