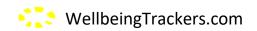
RECOVERY TRACKER (DAILY)



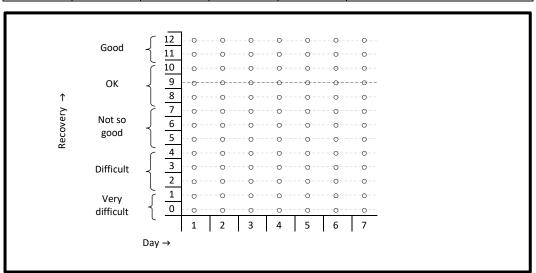
Name:	Start Date:
rume.	Start Bate.

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back <u>over the day</u> 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	4 -0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0
1	2	3	4	

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	ОК	Good	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8

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



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