



# Recovery Tracker (short version)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think back over the past day/week/month and tick the box that best describes your experience.

	Not at all	A little	Moderately	Very	Extremely
How supported have you felt?	0	1	2	3	4

Consider how well supported you felt to be emotionally and physically well and to achieve your recovery and wellbeing goals.

	Extremely	A Lot	Moderately	A Little	Not at all
How stressed have you felt?	0	1	2	3	4

When answering this question be mindful that many things can potentially cause stress in your life, for example, boredom, relationships issues, difficult emotions, not feeling safe, legal issues and money worries. Monitoring your stress levels and how you are feeling can help you deal better with these concerns.

Suggestions:

- Complete the Tracker regularly and make plans to improve how supported you feel, reduce how stressed you feel and increase your positive experiences of life in a safe way.
- If you feel it would be helpful you may wish to discuss your Tracker with a friend.

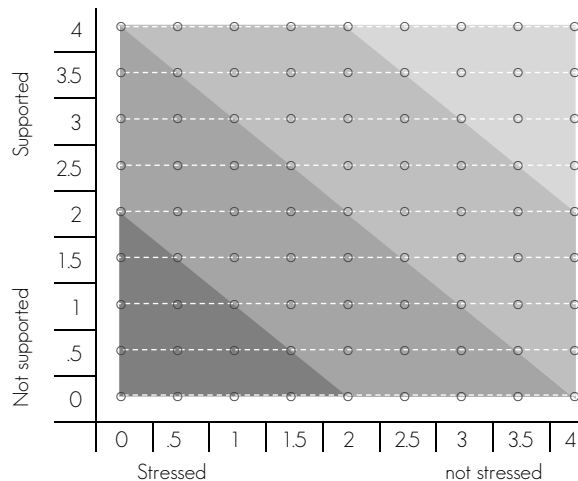
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# Recovery Tracker (quadrant chart)

Name: \_\_\_\_\_

Start date: \_\_\_\_\_



For more self-tracking tools and workbooks visit my website.

[www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)

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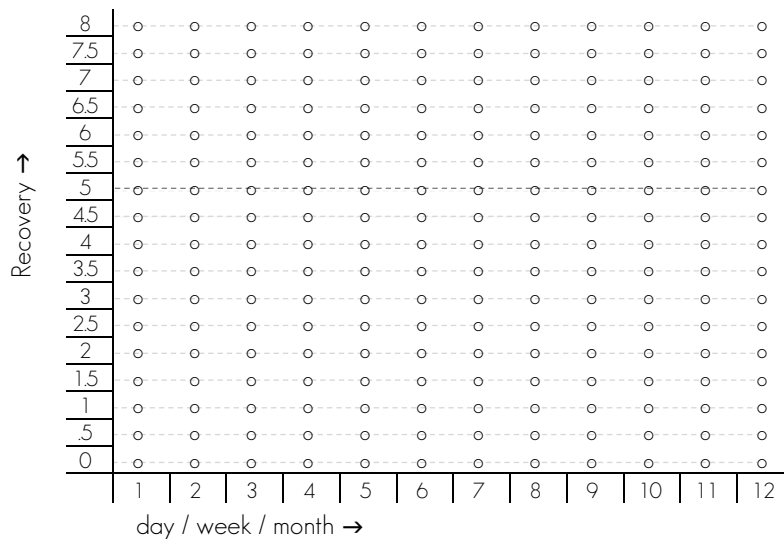
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# Recovery Tracker (regular chart)

Name: \_\_\_\_\_

Start date: \_\_\_\_\_



Track and reflect on your progress regularly for a better recovery.

[www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)

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## *Instructions*

Step 1: Answer the questions on the Tracker.

Step 2: Choose which chart you wish to use.

Step 3: Plot your score on the chart.

Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your scores.

Consider discussing your Recovery Process Tracker with supportive friends and family.

Consider using the Recovery Process Tracker as a part of a Recovery Team.

While you are recovering it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.

When you are feeling better consider progressing on to another Wellbeing or Recovery Tracker. There are many different ones to choose from and they are available from our website.

## *Tips*

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point.
2. Another tip is that whatever way you use the Progress Tracker use it in a way that feels right to you - that's the key!

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## IMPORTANT INFORMATION

Read this page before using the Progress Tracker.

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