

Name:	Start Date:
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When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress each week. Think back over the last week and tick the box that best describes your experience.

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

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

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

Progress →	Good	12	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		11	o-o-o-o-o-o-o-o-o-o-o-o-o-o
	OK	10	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		9	o-o-o-o-o-o-o-o-o-o-o-o-o-o
	Not so good	8	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		7	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		6	o-o-o-o-o-o-o-o-o-o-o-o-o-o
	Difficult	5	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		4	o-o-o-o-o-o-o-o-o-o-o-o-o-o
	Very difficult	3	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		2	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		1	o-o-o-o-o-o-o-o-o-o-o-o-o-o
		0	o-o-o-o-o-o-o-o-o-o-o-o-o-o
			1 2 3 4 5 6 7 8
			Week →

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Instructions

Step 1: Answer each question and plot the score and the chart beside it.

Step 2: Plot the total score of all the questions on the chart at the bottom of the page.

Step 3: Reflect on your progress and think of a small, practical step you can take to improve your score.

Step 4: Repeat steps 1-3 each week.

Tips

- Consider discussing your Recovery Tracker with a supportive person you trust.
- 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 a Wellbeing Tracker. There are many different ones to choose from and they are available from WellbeingTrackers.com
- 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. For example, if you feel the choice that best describes your experience is in between "OK" and "Good" then put a mark between them and score it as "3.5".
- If you feel more than one answer applies mark your score as their average. For example, if you feel some of your close relationships are best described as "OK" and some are best described as "difficult" then place your score on the average, in this case, "not so good".
- If you are using the Recovery Tracker and you are doing well on most of the questions but there is one specific area that you are struggling in, it might be time to move on to Wellbeing Tracker that focuses on that area. For example, if you are doing well in most areas of your life but having difficulties at work then you may find it helpful to progress on to the Career Tracker. Another example would be if you are doing well generally but a specific relationship is difficult then it might be good progress on to the Relationship Tracker.
- Whatever way you use the Recovery Tracker, use it in a way that feels right to you – that's the key!

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