

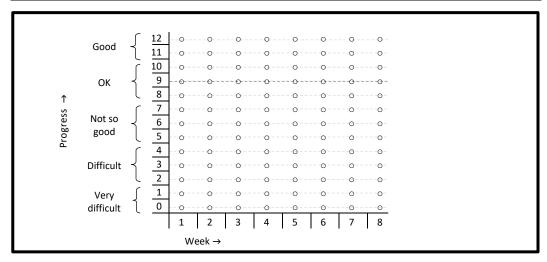
Name:	Start Date:

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back <u>over the last week</u> and tick the box that best describes your experience.

How have things been in close relationships?					
Very difficult	Difficult	Not so good	ОК	Good	<u>4</u> - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	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	ОК	Good	4 0 0 0 0 0 0 0 0 0 0 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 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0
0	1	2	3	4	1 2 3 4 5 6 7 8



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