

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 have things been in close relationships?																																																																
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></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> </tr> </table>	4	○	○	○	○	○	○	○	○	○	3	○	○	○	○	○	○	○	○	○	2	○	○	○	○	○	○	○	○	○	1	○	○	○	○	○	○	○	○	○	0	○	○	○	○	○	○	○	○	○		1	2	3	4	5	6	7	8
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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.)																																																																
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How were your emotions and feelings?																																																																
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	OK	9	○	○	○	○	○	○	○	○	○	○
		8	○	○	○	○	○	○	○	○	○	○
	Not so good	7	○	○	○	○	○	○	○	○	○	○
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