

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. 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 0	Difficult 1	Not so good 2	OK 3	Good 4	<table border="1" style="border-collapse: collapse; text-align: left;"> <tr><td>4</td><td>○</td><td>○</td><td>○</td><td>○</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><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><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><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><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><td colspan="5"></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? <small>(e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)</small>																																																																																									
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How were your emotions and feelings?																																																																																									
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		Good	12	○	○	○	○	○	○	○	○	○	○	○	○	○
		OK	11	○	○	○	○	○	○	○	○	○	○	○	○	○
			10	○	○	○	○	○	○	○	○	○	○	○	○	○
		Not so good	9	○	○	○	○	○	○	○	○	○	○	○	○	○
			8	○	○	○	○	○	○	○	○	○	○	○	○	○
		Difficult	7	○	○	○	○	○	○	○	○	○	○	○	○	○
			6	○	○	○	○	○	○	○	○	○	○	○	○	○
		Very difficult	5	○	○	○	○	○	○	○	○	○	○	○	○	○
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				Week →												

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Name:	Start Date:
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Complete this tracker once a week to monitor your progress.

On how many days did you use over the last week?

7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	

Week →

How harmful was you use over the last week?

Extremely harmful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very harmful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moderately harmful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A little harm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No harm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	

Week →

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