

**PROGRESS TRACKER-1**

Please think back to an earlier time when you were either at your lowest level of functioning or had the highest levels of negative mood (anxiety, anger, confusion, depression, grief, guilt).

Please compare this point in your life to where you are currently by responding to the statements below with the appropriate response to the right.

Name \_\_\_\_\_

Date \_\_\_\_\_

Strongly Agree      Agree      Not Sure      Disagree      Strongly Disagree

1. I now have a stronger sense of personal responsibility; I realize that I am really the only one who can ever be expected to solve my own problems and/or meet my own needs	SA	A	NS	D	SD
2. I am now better able to create goals for myself that are truly my own	SA	A	NS	D	SD
3. I now have a better sense of my values and priorities	SA	A	NS	D	SD
4. I am now better able to take actions and steps to solve my own problems and meet my own needs	SA	A	NS	D	SD
5. I am now better able to connect the dots; when I use my personal power my life goes better and I feel better	SA	A	NS	D	SD
6. I am now more aware of the external world and conditions that I live in and must deal with	SA	A	NS	D	SD
7. I am now more aware of the internal feelings and sensations that are critical to my survival and well-being	SA	A	NS	D	SD
8. I am now more trusting of what I sense, what I think and the judgments and decisions that I make	SA	A	NS	D	SD
9. I am now better able to keep functioning even when I don't feel my best	SA	A	NS	D	SD
10. I am now better able to see that setbacks and "relapses" are a normal part of the change and growth process	SA	A	NS	D	SD
11. I am now better able to use fair and realistic thoughts to help me work through challenges, setbacks and "relapses"	SA	A	NS	D	SD
12. I am now better able to use social, medical and mental health support when I experience challenges, setbacks or relapses	SA	A	NS	D	SD
13. I am now less reactive and more in control of how I act in my interpersonal relationships	SA	A	NS	D	SD
14. I am now better able to set boundaries and limits with others in my interpersonal relationships	SA	A	NS	D	SD
15. I am now more self-assertive within my interpersonal relationships	SA	A	NS	D	SD