Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle the number that applies to you today: 0 = Not at all, and 10 = Frequently or most of the time. The goal is to see where you are at during the beginning of your healing journey and as you watch your answers change…. This will create momentum as you see that you truly are going in the direction that you want to go in. I recommend that you print this document out and track your progress for at least one month!!

|  |  |
| --- | --- |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I am able to feel calm and grounded |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I am living life emotionally present in the moment |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. My mind is at peace and not ruminating |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I am no longer highly triggered. |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. My high anxiety is gone. |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I take time to care for my needs and engage in my passions as well. |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. If I have no choice but to be around the toxic person, I am not highly triggered. |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I am able to relax without drugs or alcohol |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I feel safe within my body |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I love and respect myself and my actions and thoughts give evidence of that |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I take care of myself because my needs and wants are important to me |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. When difficulties in life arise, I feel fully capable of handling them in an emotionally healthy way |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I am interested in future goals |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I am able to parent without getting highly triggered |
| | 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | 1. I feel like me again. |

OTHER SIGNS OF RECOVERY (Please list any which are important to you):  
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 |  AA. My dreams are usually tolerable and not very upsetting and I am sleeping peacefully.  
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 |  BB. My attention span is fairly good and I can concentrate well. My memory is improving as well.  
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | CC. I experience a wide range of emotions, both pleasant and unpleasant and I feel in control of my emotional state.   
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | DD. People would say I am more calm than jumpy

**List any others below:**

| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
| 0 | 1 | 2 | 3 | 4 |5 |6 |7 | 8 |9 | 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_