

## Monitoring Your Progress

Use this sheet to record your agreed goals and to monitor your practice of different coping methods.

<b>Name:</b>	<b>Date:</b>
<b>Goal No. 1:</b>	
<b>Goal No. 2:</b>	
<b>Goal No. 3:</b>	

Use the following scale to rate the intensity of your feeling(s) – *for example, your level of anxiety / tension / discomfort:*

0	1	2	3	4	5	6	7	8	9	10
No anxiety No discomfort		Slight anxiety Mild discomfort			Definite anxiety Moderate discomfort			Marked anxiety Severe discomfort		Panic Extreme discomfort

### Monitoring Your Practice of Coping Methods

Date & Time	Situation	Thoughts <ul style="list-style-type: none"> <li>○ What was going through your mind?</li> <li>○ What were you saying to yourself?</li> </ul>	Rating Rate how preoccupied with thoughts (0 – 10)	Feeling(s) Rate intensity of your feeling(s) (0 – 10)	Coping Method <ul style="list-style-type: none"> <li>○ balancing thoughts</li> <li>○ distraction method</li> <li>○ focus upon goals</li> </ul>	Evaluation <ul style="list-style-type: none"> <li>○ how helpful?</li> <li>○ rate how preoccupied with thoughts now (0 – 10)</li> <li>○ how do you feel now?</li> </ul>

It may be helpful to look back on your progress as a way of identifying those coping methods which work best for you and encouraging yourself further.