www.WellbeingTrackers.com

Wellbeing is your natural state.

Recovery Process Tracker

Name: _____ Date: _____

Think back over the past day/week/month and tick the box that fits best.

	Not at all	A little	Moderately	Very well	Extremely well
How supported have you felt in your recovery?	0	1	2	3	4

	Distressed	Stressed	OK	Good	Great
Overall, how have you been feeling?	0	1	2	3	4

Instructions:

- Complete the Tracker regularly and make plans to improve how supported you feel, reduce how stressed you feel and increase your positive experiences of life.
- If you feel it would be helpful you may wish to discuss your Tracker with a supportive friend.

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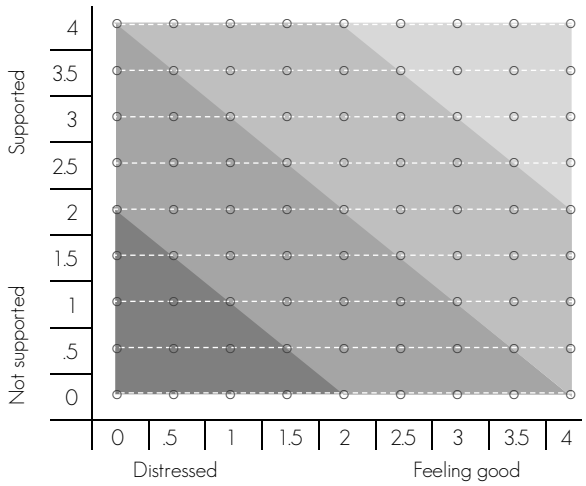
Recovery Process Tracker
Quadrant Chart

Name: _____

Start date: _____



Feedback is a safe conversation about something important.

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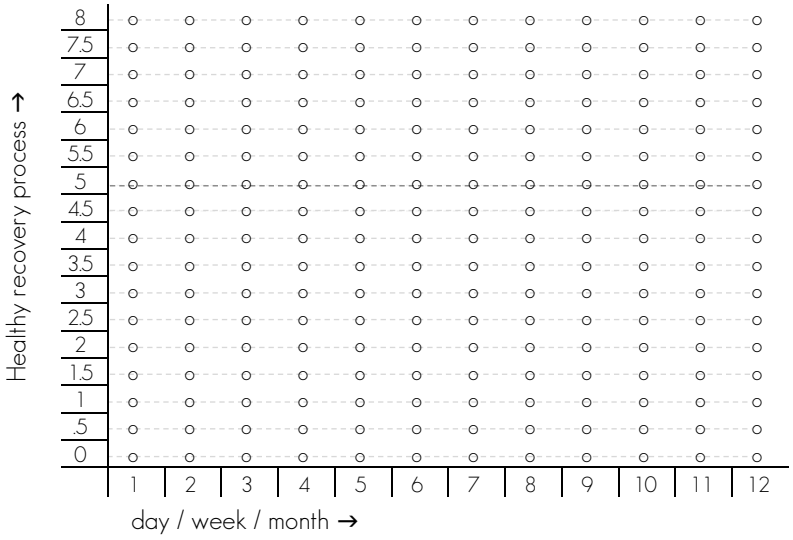
Recovery Process Tracker Chart

Name: _____

Start date: _____



Monitor your process and you will achieve the outcome you seek.

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Choose which chart you wish to use.
Step 3: Plot your score on the chart.
Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your scores.

Consider discussing your Recovery Process Tracker with supportive friends and family.

Consider using the Recovery Process Tracker as a part of a Recovery Team.

While you are recovering it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.

When you are feeling better consider progressing on to another Wellbeing or Recovery Tracker. There are many different ones to choose from and they are available from our website.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point.
2. Another tip is that whatever way you use the Progress Tracker use it in a way that feels right to you – that's the key!

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IMPORTANT INFORMATION

Read this page before using the Progress Tracker.

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Wellbeing and Recovery Trackers

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