Progress Report

Background: 5 Facts about me are: (likes, dislikes, qualities, strengths, etc)

1.
2.
3.
4.
5.

Abstinence

I have been clean for approximately ____ days. The substance I miss the most is ____________.

The things I miss the most about getting high are:

________________________________________________________________________________________
________________________________________________________________________________________

The things I like the best about NOT getting high any more are:

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

When I feel like using these days I _________________________________

Some other things that could help me choose not to use are:

________________________________________________________________________________________
________________________________________________________________________________________

Social/Support

The positive people in my life are: _________________________________________________________

The people in my life who are not so good for me right now are:

________________________________________________________________________________________

Some places I associate with using are: _______________________________________________________

Family

Right now, the best way to describe my family situation is:

________________________________________________________________________________________
Emotions

Most of the time I feel: ________________________________________________________________

I cope with these feelings by ___________________________________________________________

The feeling that is most difficult for me is ________________________________________________

The best way to describe my mood these days is ____________________________________________

Spirituality

I believe _____________________________________________________________________________

One thing I am doing that expands my focus outside of myself is ______________________________

Attitude:

People tell me I need to work on ________________________________________________________________________________

The best way to describe my attitude these days is _______________________________________________________________________

Three things I am grateful for today are:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Goals:

One day I would love to be able to:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Right now, I need to work on

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Considering all of these things I just wrote about, my honest progress as of today is:

_______(On a scale of 1 to 10) – Why?

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

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