



Simple Self-Assessment 1-3: Progress

Intro: This exercise helps group members reflect on where they're at across key areas of life and various treatment goals. Participants should choose the best, most honest and real selection from three options for each category, then explain their choice. Group members are encouraged to focus on honesty and self-awareness, and the group should be focused on being open and supportive, not judgmental.

 **Facilitator Tip:** Pause and ask follow up questions in between sections to generate discussion. You may choose to do the whole worksheet but also feel free to skip sections or jump around the worksheet topics based on the time available, and the group's needs and level of interest

Some discussion question suggestions:

- ***What made you choose that option? (How did you decide?)***
 - ***(For lower choices) – What do you think you need to improve in this area?***
 - ***(For higher choices) – What is working for you?***
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SECTION 1: Right Now – Where Are You Today?

Motivation for Being Here

- ☐ I'd rather be somewhere else
- ☐ I'm making it work
- ☐ I'm glad to be here

Problem Recognition – Substance Use

- ☐ I really don't think I have a problem
- ☐ Not sure yet but I do know something needs to change
- ☐ I recognize this is an issue and I am actively working on it

Problem Recognition – Mental Health

- ☐ I really don't think I have a problem
- ☐ Not sure yet but I do know something needs to change
- ☐ I recognize this is an issue and I am actively working on it

Mental Health Status

- ☐ I feel unwell
- ☐ I'm holding it together, but there's room for improvement
- ☐ I'm doing well overall mentally

Thinking and Attitude

- ☐ My mindset can be too negative at times
- ☐ I'm somewhere in the middle
- ☐ I'm staying positive

Goals and Direction

- ☐ I feel lost or unsure
- ☐ I'm figuring it out
- ☐ I know what I want and how to get there



SECTION 2: People in My Life

Family Relationships

- ☐ Distant or in conflict
- ☐ Neutral – just trying to make it work
- ☐ Supportive, close, and communicating well

Friendships

- ☐ I feel lonely or isolated
- ☐ I have a few friends — it's enough
- ☐ I have a great group that supports me and stays in touch

Relationship Status

- ☐ I don't have what I want (single & lonely or in an unhappy relationship)
- ☐ I'm making it work — it's okay for now
- ☐ I have what I want and I'm happy with it

Free Time / Leisure

- ☐ What's free time? I'm always stressed or busy
 - ☐ I fill the void when I can
 - ☐ I enjoy my leisure time and it's satisfying
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SECTION 3: Stability, Stress and Emotion Regulation

Substance Use Stability

- ☐ I'm still using or struggling not to
- ☐ I'm holding it together at least for today
- ☐ I'm living in recovery and making it a priority

Mental Health Stability

- ☐ Shaky - it depends on the day
- ☐ I struggle sometimes but I'm managing
- ☐ I feel stable and mostly satisfied

Stress & Emotional Regulation

- ☐ I struggle to manage my emotions and stress
- ☐ I have my ups and downs with emotions and stress but overall, I can usually cope
- ☐ I manage stress well and can regulate my emotions effectively

Commitment to Change

- ☐ I waver back and forth and struggle to commit to changing my life
- ☐ I feel like I want this, but I need to improve consistency and determination
- ☐ I feel internally committed and consistently dedicated to making positive changes



SECTION 4: Preventing Setbacks and Relapse

High Risk Factors and Situations

- ☐ I am around triggers and negative influences way too often
- ☐ I am making steady progress in changing my habits, environment and social circle to avoid setbacks
- ☐ I live a life where I consistently avoid triggers and negative influences

Healing Habits - Physical

- ☐ I'm spending way too much time sitting around (Shows or internet for example)
- ☐ I am making an effort to get exercise regularly
- ☐ Exercise and fitness are a regular part of life

Healing Habits – Mental/Emotional

- ☐ I am not doing enough to take care of my mental health
- ☐ I am working on caring for my mental and emotional health and making progress
- ☐ Active care for my mental and emotional health is a priority and part of my daily routine

Warning Signs

- ☐ I don't have enough caring and supportive people to warn me if I am going down a bad path
- ☐ I am learning my warning signs for setbacks and I have positive people checking on me
- ☐ I am aware of my personal signs for setbacks and have a support system to help keep me on track

SECTION 5: Self-Care and Daily Living

Sleep

- ☐ Poor sleep — not enough or not restful
- ☐ Hit or miss — could be better
- ☐ I sleep well and feel rested most of the time

Appetite/Nutrition

- ☐ No appetite or overeating or unhealthy diet
- ☐ Decent — trying to eat better
- ☐ Eating a healthy and balanced diet

Meaning & Purpose

- ☐ I feel disconnected from any purpose
- ☐ I'm searching for meaning and starting to find answers
- ☐ I feel like I have something meaningful to work toward

Work / Career / Education

- ☐ Not working or in school with no other structured responsibilities, and it's an issue
- ☐ Trying to improve or figure out next steps
- ☐ I'm doing well or on the right path



12 Progress-Meter: Where Are You Right Now? - Use this 1–10 scale to reflect on your current level of progress in recovery, wellness, and change. This isn't just about abstinence or symptoms, it's about your overall direction, mindset, and self-awareness. Check the option that best describes you *right now*...

- **1 – Stuck** - I feel like I'm not moving at all, maybe even going backward. I'm unsure where to begin.
- **2 – Barely Moving** - I've thought about changing, but I'm not doing much to make it happen yet.
- **3 – Getting Ready** - I've taken a few small steps, but I feel uncertain and inconsistent.
- **4 – Testing the Waters** - I'm experimenting with change with some progress, some setbacks.
- **5 – Holding Ground** - I'm more aware now, and I'm doing okay — just trying to stay steady.
- **6 – Building Momentum** - I'm putting in effort, learning what works, and starting to see real progress.
- **7 – Feeling Stronger** - I've got some structure, I'm more consistent, and my mindset is improving.
- **8 – Making Changes** - I'm making clear progress and staying accountable. Feeling hopeful and committed.
- **9 – Living the Change** - I'm doing well overall and protecting the progress I've made with solid habits.
- **10 – Thriving** - I'm aligned with my values, living with meaning and purpose, and achieving my goals.

Closing Group Discussion - Use these open-ended questions to explore your progress and what might come next in your journey:

1. **What helped you get to the number you chose today?** - Was it a shift in mindset, a change in routine, something someone taught you, or just showing up?
2. **What do you need in your life right now to raise your Progress-Meter just one level?** - Think practically: Areas like skills, routines, support, perspective, environment, boundaries.
3. **What will help you maintain your current progress and avoid sliding backward?** - What are your personal warning signs that it's time to refocus?
4. **If your future self could give you advice today, what would they say?** - Imagine the version of you who has grown: What wisdom would they pass back?

Challenge for the Week:

Pick just one of these areas to focus on and take a small action step. Whether that's reaching out for help, setting a goal, or changing one habit. Even small steps, when steady, lead to big progress over time.

“Progress doesn't always shout...sometimes it whispers: ‘You're doing better than you think.’”