



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?
