

# PROGRESS CHECK

**GOAL:**

Blank area for writing the goal.

Date

Situation

How I responded to the situation  
(emotionally, my actions, thoughts)

Blank area for writing the date.

Blank area for writing the situation.

Blank area for writing how I responded to the situation.

Feelings

Blank area for writing feelings.

Date

Situation

How I responded to the situation now  
(emotionally, my actions, thoughts)

Blank area for writing the date.

Blank area for writing the situation.

Blank area for writing how I responded to the situation now.

Feelings

Blank area for writing feelings.

**HELPFUL STRATEGIES:**

Blank area for writing helpful strategies.