

EXERCISE: Signs of Improvement

In addition to rating your mood, it is helpful to actively look for and notice signs of improvement. What do you expect might be different as you begin to improve? Indicate on Worksheet 5.4 what you might notice as you begin to make changes and improve.

WORKSHEET 5.4. Signs of Improvement

Check any of the following that would be early signs of improvement:

- Sleep better.
- Talk with people more.
- Feel more relaxed.
- Smile more often.
- Get my work done.
- Wake up and get out of bed at a regular time.
- Do activities I currently avoid.
- Handle disagreements better.
- Lose my temper less often.
- Other people tell me I seem better.
- Feel more confident.
- Stand up for myself.
- See hope for the future.
- Enjoy each day more.
- Feel appreciation and gratitude.
- See improvement in relationships.

In addition to what you checked above, write two or three other signs that you could look for to know you are beginning to improve and getting closer to reaching your goals: