On the pages 79–84 you will find a set of these scales. Mark dates by each one at weekly intervals and make yourself a note to come back to this page and rate your progress towards your goals once a week from when you start the programme. It is sometimes helpful not only to make your own rating but to also ask your child, your partner, other relatives and friends, for their rating too. Other people will sometimes spot progress that you might have missed, especially if you are focused on a longer-term goal (e.g. '*I really need to get my child back into school full-time*'). We will keep asking you to rate your child's progress throughout the book.

IV	lonit	oring	prog	ress						
G	DAL 1									
			g the s SMA	short-, RT!)	mediu	ım- or	long	-term	goal?	
St	art d	ate: _				_				
Ra	ating:									
									-	
0	1	2	3	4	5	6	7	8	9	10
•	1 progre		3	4	5	6	7	•	1	10 he goal!
•			3	4	5	6	7	•	1	

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	d of v	veek 1	; Dat	e:						
Ra	ting:									
0	1	2	3	4	5	6	7	8	9	10
Nop	rogress							Achie	ved the	e goal!
	)								(	
		(0			10 -	ah ia w	ad the -	acel		
		(0 =	no pro	gress,	10 = a	ICHIEVE	ed the	goar).		
En	d of v	veek 2	; Dat	e:						
Ra	ting:									
0	1	2	3	4	5	6	7	8	9	10
Nop	rogress							Achie	ved the	e goal!
	)								(	

## Step 1: What are your goals? 81

	<b>d of w</b> ting:	veek 3	; Dat	e:						
0	1	2	3	4	5	6	7	8	9	10
Nop	rogress							Achie	ved the	e goal!
	)								(	
	<b>d of w</b> ting:		·	gress, e:				goal).		
0	1	2	3	4	5	6	7	8	9	10
Nop	rogress							Achie	ved the	e goal!
	)								(	
		(0 =	no pro	gress,	10 = a	achieve	ed the	goal).		

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Rating	2	3	4	5	6	7	8	9	10
		3	4	5	6	7	-	-	10
		3	4	5	6	7	-	-	10
No prog	ress						A . I. * .		
							Achie	ved the	e goal!
								(	
	(0 =	no pro	ogress,	10 = a	achiev	ed the	goal).		
End o	f week	6; Dat	e:						
Ratin									
nating	J.								
					1				
0 1	2	3	4	5	6	7	8	9	10
No prog	ress						Achie	ved the	e goal!
$\frown$									$\frown$
								(	

## Step 1: What are your goals? 83

En	d of w	veek 7	; Dat	e:						
Ra	ting:									
0	1	2	3	4	5	6	7	8	9	10
Nop	rogress							Achie	ved the	e goal!
	)								(	
		(0 =	no pro	gress,	10 = a	achieve	ed the	goal).		
En	d of w	veek 8	; Dat	e:						
		veek 8	; Date	e:						
	<b>d of w</b> ting:	veek 8	3; Date	e:						
		veek 8	; Dat	e:				-		
		veek 8 2	; Date	e:	5	6	7	8	9	10
Ra	ting:	2							9 ved the	
Ra	ting: 1	2							-	
Ra	ting: 1	2	3		5	6	7	Achie	-	

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En	d of v	veek 9	); Dat	e:						
Ra	ting:									
0	1	2	3	4	5	6	7	8	9	10
No p	rogress		1			1		Achie	ved th	ne goal!
	)									
		(0			10	l. :				
		(0 =	no pro	ogress,	10 = 3	achiev	ed the	goai).		
En	d of v	veek 1	0; Da	ite:						
	<b>d of v</b> ting:	veek 1	0; Da	ite:				-		
		veek 1	0; Da	ite:				-		
		veek 1 2	<b>0; D</b> a	1 te:	5	6	7	8	9	10
Ra	ting:	2						-		10 ne goal!
Ra	ting:	2						-		
Ra	ting:	2	3		5	6	7	Achie		

THEN REPEAT STAGES FOR GOALS 2 AND 3