

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.



Monitoring progress

GOAL 1 _____

(Are you using the short-, medium- or long-term goal?
Make sure it's SMART!)

Start date: _____

Rating:



0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

80 Helping Your Child with Fears and Worries

End of week 1; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 2; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 3; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 4; Date: _____

Rating:



0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

82 Helping Your Child with Fears and Worries

End of week 5; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 6; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 7; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 8; Date: _____

Rating:



0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

84 Helping Your Child with Fears and Worries

End of week 9; Date: _____



Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

End of week 10; Date: _____

Rating:

0	1	2	3	4	5	6	7	8	9	10
No progress					Achieved the goal!					
										

(0 = no progress, 10 = achieved the goal).

THEN REPEAT STAGES FOR GOALS 2 AND 3