

Things that are better, the same, worse

What is my score on the **Short Mood and Feelings Questionnaire** (see pp. 12–14) now?

Total score _____

How does that compare with my earlier scores?

Look back at your original goals at the beginning of the book. How much progress have you made in relation to these goals? Maybe it's time to set some new goals?

Goal 1 _____ Progress 0 1 2 3 4 5 6 7 8 9 10
(0 = no progress at all, 10 = I've totally reached my goal)

Goal 2 _____ Progress 0 1 2 3 4 5 6 7 8 9 10
(0 = no progress at all, 10 = I've totally reached my goal)

Goal 3 _____ Progress 0 1 2 3 4 5 6 7 8 9 10
(0 = no progress at all, 10 = I've totally reached my goal)

Am I Depressed and What Can I Do About It?

Things/symptoms that seem to be better:

Things/symptoms that have pretty much stayed the same:

Things/symptoms that have got worse:

Planning for the future and finding more help

My new goals

1. _____

2. _____

3. _____

4. _____