
Form 14.1 - Progress Evaluation Form

Use this form to identify the specific ways each skill has been helpful to you.

Skills for Thinking

What are some specific improvements you've noticed in your ability to flexibly think about difficult situations, your emotions, your relationships, and your urges? How has this skill been useful?

Where do you see room for continued improvement? Are there situations where you find it more difficult to practice cognitive flexibility?

Skills for Doing

What are some specific improvements that you've noticed in your ability to identify your unhelpful behaviors and replace them with alternative actions? Have you been able to plan exposures? How has this skill been useful?

Where do you see room for continued improvement? Are there specific behaviors that are more difficult to replace with alternative actions, or certain exposures you're having trouble motivating yourself to do?

Mindful Emotion Awareness

What are some specific improvements you've noticed in your ability to stay present in the moment instead of getting caught up in the past future? What are some specific improvements you've noticed in your ability to nonjudgmentally observe your responses to emotional, interpersonal, and impulse-generating situations? In what ways have you found this skill helpful?

Where do you see room for continued improvement? Are there situations where you find it more difficult to stay in the present moment or to not judge your emotional experiences?