Assessment: How are you doing? (Write in the Daily Rating column the numbe how you are feeling or what you are doing each day.			tnat	snows			Name		
Date: Starting: Ending				Daily ratings					
			Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Depressed	10 98765432 1	Not depressed at all							
Anxious	10 98765432 1	Not anxious at all							
Hopeless	10 98765432 1	Not hopeless at all							
Out of Control	10 98765432 1	Not out of control at all							
spend most of my time lost in	40.007.054.004	I spend most of my time paying							
hought about the past or future	10 98765432 1	attention to what is happening in the present moment							
constantly struggle with my		I willingly accept my thoughts and							
houghts and feelings	10 98765432 1	feelings even when I don't like them.							
My thoughts tell me how things		My thoughts & feelings come & go, they							
eally are, and determine what I do		aren't facts. I see each of my thoughts							
next. I get hooked by or fused with	10 98765432 1	as just one of many ways to think about							
ny thoughts.		things – what I do next is up to me.							
Deep down, my thoughts and		My thoughts and feelings come and go,							
feelings are the real me.	10 98765432 1	but deep down the real me doesn't							
		change							
don't know what I want my life to		I am clear about what I choose to value							
stand for	10 98765432 1	in life							
don't manage to act on the things		I work out what I need to do about							
care about	10 98765432 1	things I care about, and I see it through							
How much time (hrs:min 00:00) in each activity?									
Meditation									
Sleep									
Physical Exercise									
Cultivating Positive Mental States									
Work/School									
Socializing									
TV									
Recreation									
Wasting time									$\perp$
									<del> </del>