

Form 13.1: Progress Evaluation

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

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 or worrying about the future? What are some specific improvements you've noticed in your ability to nonjudgmentally observe your emotions and your reactions to them? 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?

Cognitive Flexibility

What are some specific improvements you've noticed in your ability to be more flexible in the way you think about situations? Are you jumping to conclusions or blowing things out of proportion less often? How has this skill been useful?

Confronting Physical Sensations

What are some specific improvements that you've noticed in the way you respond to the physical sensations that are associated with your intense emotions? Are you doing activities that you previously avoided due to uncomfortable physical sensations? How has this skill been useful?

Where do you see room for continued improvement? Are there certain physical sensations that you still find highly distressing?

Countering Emotional Avoidance

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

Where do you see room for continued improvement? Are there specific emotional behaviors that are more difficult to replace with alternative actions or certain situations where you find it more challenging to use an alternative action?