



WHERE ARE YOU ON THE EMOTIONAL SPECTRUM?



SMART Family & Friends

<i>Despair</i>											<i>Hope</i>
0	1	2	3	4	5	6	7	8	9	10	
<i>Lonely</i>											<i>Connected</i>
0	1	2	3	4	5	6	7	8	9	10	
<i>Dread / Fear</i>											<i>Safe</i>
0	1	2	3	4	5	6	7	8	9	10	
<i>Helpless</i>											<i>Empowered</i>
0	1	2	3	4	5	6	7	8	9	10	
<i>Anxious</i>											<i>Calm</i>
0	1	2	3	4	5	6	7	8	9	10	
<i>Frustrated</i>											<i>Satisfied</i>
0	1	2	3	4	5	6	7	8	9	10	
<i>Exhausted</i>											<i>Motivated</i>
0	1	2	3	4	5	6	7	8	9	10	

CRAFT therapists use scales similar to these to measure the progress of Family & Friends.

Keeping a record of your own emotional assessment scales will allow you to monitor how your emotional well-being changes over time. Consider recording your scales in a journal. Looking back and comparing where you are today with where you were when you started can be a great motivator. This is especially true when you hit one of those periods when it seems like nothing you're doing is making a difference.

"If there is one overriding 'fact' in the world of behavior change, it is that people who record important information about their lives are the people most likely to succeed in making important changes in their lives."

~GYLOS

