

# TAMING OLIVIA



# Tracking Recovery Work.



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**N**ovember's blog has been all about learning how to assess how helpful our recovery strategies and choices are. To support you with that, we've provided a practical way for you to track the skill development and recovery work you have been doing throughout the week! This will help you track the amount of time you spend on different activities and help you to see whether what you have been doing is helpful. It also allows you to set targets for the following day/week.

**P**lease remember that we are all in recovery! None of us have all the answers and for many of us, learning how to choose the most helpful recovery strategies is often one of the skills we'd most benefit from developing.

**U**se this tracker however you find helpful, there is absolutely no pressure to come up with daily or even weekly targets. And remember to show yourselves loads of compassion while filling it in. This isn't about blame or shame in the slightest, this is about finding what works to help you develop helpful skills and thrive!





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	What you did that's related to OCD, mental well-being and recovery	How long did you do it for?	Did it help? How?	Did you do practical work where you practised a skill? Did it teach you something you can use in the future?	Looking back, do you think the activity was heavily reassurance based?	How could you adapt what you are doing? What would you like to achieve by tomorrow/next week?
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						