



You can measure the progress you have made in adjusting to your loss by identifying certain feelings and behaviors which have come about as you feel better.

Complete the following statements to discover those areas in which you have progressed.

**I will always remember the happy/funny time when...**

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**I have made the following decisions during the past month...**

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**I have discovered these capabilities in myself that I never knew I had...**

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**I have changed and grown because of this experience. I have learned...**

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**I have become...**

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**I now feel like I have regained some control in these areas of my life...**

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**I feel hopeful about...**

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**I am making these plans for my future...**

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