

37 Reviewing your progress

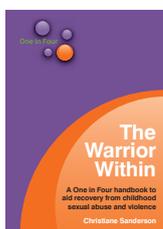


If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 139. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

As you start to recover and begin to rebuild your life, it is important that you continue to practise everything that you have learnt.

To review your progress, make a list in your journal of all the things you do now to look after yourself. Which ones give you the most pleasure or satisfaction? Which are you most proud of accomplishing? Which have been the most helpful to you? Which have been most inspirational? Are there any that you have not been able to maintain? In reflecting on these, are there any skills or activities you would like to develop more. Or are there some other self-care activities you would like to add? Could you develop these and add them to your current self-care plan?

If there are any self-care strategies that you have not been able to maintain, you might like to try some alternative ones. Or you can adapt those you have tried to suit you more. Allow yourself to be creative. The aim is to have a balance of regular exercise, rest, work and play that suits you and your needs. The focus also has to be on improving the quality of your everyday life.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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