

Reflecting on Mental Health Progress

Instructions: Take a moment to reflect on your mental health journey over the past 5 years.

Consider the challenges you have faced, the growth you have experienced, and the strategies that have helped you along the way. Complete the following questions to assess your progress and gain insights into your mental health.

1. What were the major mental health challenges you faced 5 years ago?
 - Challenge 1:
 - Challenge 2:
 - Challenge 3:
 - Challenge 4:
 - Challenge 5:
2. How did these challenges impact your daily life, relationships, and overall well-being?
3. What steps did you take to address these challenges and improve your mental health?
4. Reflecting on the past 5 years, what are some positive changes you have noticed in your mental health?
 - Positive Change 1:
 - Positive Change 2:
 - Positive Change 3:
 - Positive Change 4:
 - Positive Change 5:
5. Identify the strategies, resources, or support systems that have been most helpful to you during your mental health journey.

- Strategy/Resource 1:
 - Strategy/Resource 2:
 - Strategy/Resource 3:
 - Strategy/Resource 4:
 - Strategy/Resource 5:
6. Are there any patterns or themes you can identify in your mental health progress over the past 5 years? What have you learned from these patterns?
 7. Reflecting on your progress, what are some areas of your mental health that you would like to continue working on or improving in the future?
 8. How can you celebrate and acknowledge the progress you have made in your mental health journey?

Remember, this exercise is an opportunity for self-reflection and recognition of your growth. Share your reflections with a therapist, counselor, or trusted adult who can provide additional guidance and support.

Note: This worksheet is not a substitute for professional therapy. If you are facing significant challenges with your mental health or need assistance, reach out to a mental health professional or a trusted adult for help.