



## WEEKLY FEELING REFLECTION SHEET

Name \_\_\_\_\_ Week Ending \_\_\_\_\_

### Looking back over your week, answer the following questions:

What kind of week did you have?  great  good  not good  bad

What was one good thing that stood out in your mind about your week? Explain.

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What was one bad thing that stood out in your mind about your week? Explain.

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Were you bothered by something this week that made you:

a. Sad?  yes  no. If "yes", please explain. \_\_\_\_\_

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b. Angry?  yes  no. If "yes", please explain. \_\_\_\_\_

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c. Want to give up?  yes  no. If "yes", please explain \_\_\_\_\_

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How did you handle each of these feelings or situations? Please explain. \_\_\_\_\_

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Did you meet or talk with your sponsor or accountability partner this week?  yes  no

Are you looking for a job?  yes  no. Did you find one?  yes  no.

If "yes" where? \_\_\_\_\_ What is your work schedule?

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If unemployed, did you turn in a **JOB SEARCH INFORMATION** Form?  yes  no.

Is there anything you would like to discuss  privately or  in a group?  yes  no.