

“Threes” Tracking Form

When you are depressed, it’s important to focus on small victories. Reflecting on positive moments each week will help you repeat them. You can also acknowledge the areas where you might need some support. Fill in this form every week to share with your counselor or therapist.

Three things I felt confident about this week:

1. _____
2. _____
3. _____

Three things that went well this week:

1. _____
2. _____
3. _____

Three things I wasn’t sure how to cope with this week:

1. _____
2. _____
3. _____

Three things that made me happy this week:

1. _____
2. _____
3. _____

Three triggers I experienced this week:

1. _____
2. _____
3. _____

How I coped: _____
