

EVALUATION OF PROGRESS

Please complete the following sections in as much detail as possible.

1(a) *What are the main things I have learned about my fatigue problem?*

1(b) *What factors may have preceded my fatigue problem?*
(E.g. constantly being busy, recurrent infections, aiming for perfection.)

1(c) *What factors may have contributed to my fatigue continuing?*
(E.g. an erratic sleep pattern, long periods of activity followed by long rests, taking too much on.)

2 *What strategies have I found helpful while working through this book?* (E.g. having regular breaks, winding down before bed and getting up at a set time, challenging unhelpful thoughts, changing expectations of myself.)

3 *What improvements/changes have I made while working through this book?* (E.g. working part-time, starting running again, eating regular meals, making time for myself, better at asking for help.)

4 *What areas do I still need to work on to make further progress?* (E.g. targets I have not yet achieved, having regular breaks, saying 'no' to excessive demands, reducing my self-expectations.)
