

NAME: _____

DATE: _____

Older Child/Teen Follow-Up Form ©

Please fill this out before your next appointment and bring with you!

With this group of games/goals,

I received _____ stars, stickers, tokens and/or _____

rewards 

Some of the rewards I received were:

- 1.
- 2.
- 3.
- 4.
- 5.

More:


___ I like the rewards I won!


___ Other rewards I would like to work towards are:

- 1.
- 2.
- 3.
- 4.
- 5.

Comments:

I feel:


___ Really good about this 


____ Like I could have done better 


____ Other: _____


I feel as if my goals were:

____ Easy 

____ Just right 

____ TOO difficult 

 The easiest goal was: _____

 The hardest goal was: _____


If a goal was not done, it was because:


____ I did not have the opportunity to DO the goal

Which ones? _____, _____,

____ The goal was too hard.

Which ones? _____, _____,

Of all of the goals that I did, I feel the most proud about: 

Other things that I did that I feel proud about: 

(1) _____

(2) _____

(3) _____

Things I would like to be able to do, but those are still hard for me, are:



(1) _____

(2) _____

(3) _____



Since I started working on 'feeling more comfortable' and trying to overcome Selective Mutism, I feel that I am more comfortable with:

(1) _____

(2) _____

(3) _____

 Being able to ASSESS and understand my feelings is:

____ easy for me

____ Not too hard, but I still need more practice

____ Still hard for me to do, and I need practice



Overall,

The importance of working on GOALS and helping myself feel more comfortable communicating with others is:

____ very important to me

____ Not really sure

____ I do not think this is important at all.

If not, why not? _____

Since I started, I feel as if I have improved in terms of my selective mutism between 0----->10, where 10 is the MOST improved and 0 is the least improvement:

10 9 8 7 6 5 4 3 2 1 0

Additional things I would like to COMMENT about:
