



Back to Safety

Your personal progress report

PERIOD

1 Sep - 11 Oct 2026





My progress

Generated on 10/13/2026

Summary

2

Streak

23

Sessions

77

Practice time (minutes)

+0.6

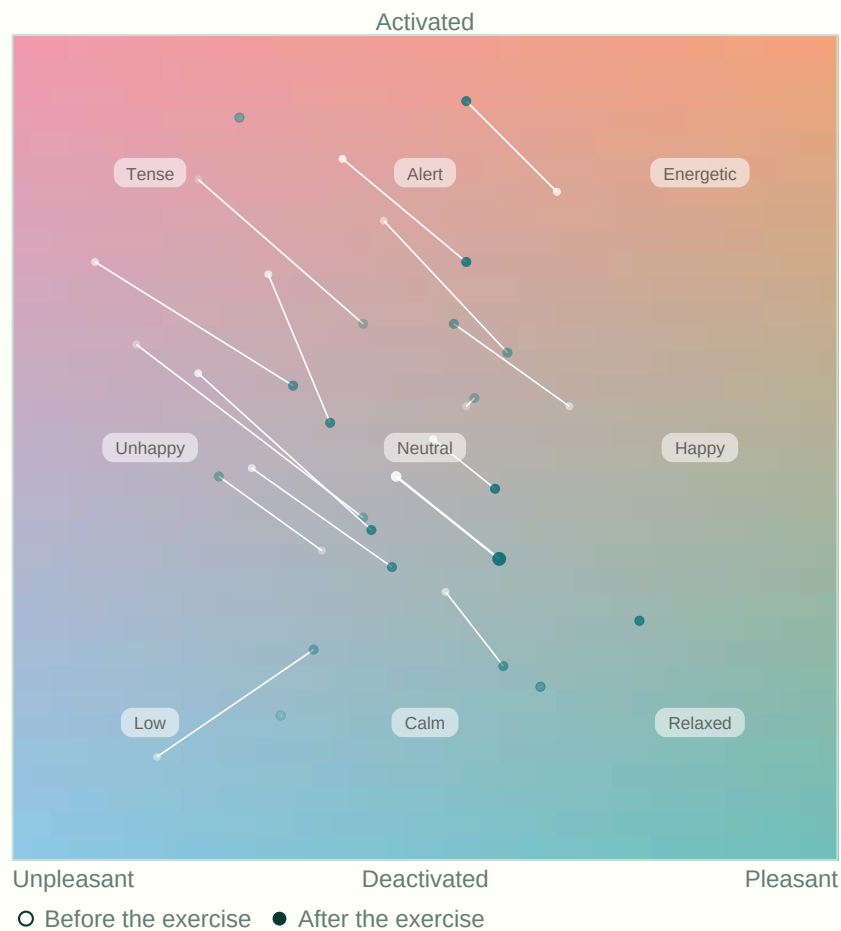
Average mood improvement

Mood improvement is the average difference between before and after the exercise, in points on the Affect Grid scale from 1 to 9, across 20 measured sessions. With fewer than 5 measurements we leave this figure out.

Your mood journey

These snapshots use two scores from 1 to 9: pleasure and activation.

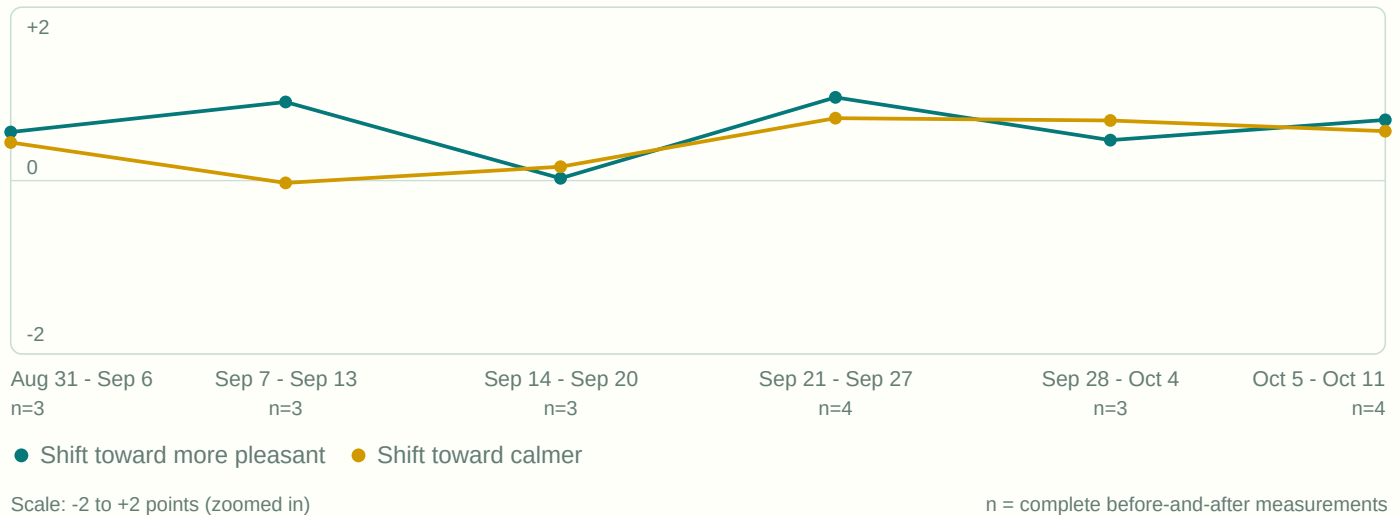
They are based on the Affect Grid by Russell, Weiss and Mendelsohn (1989).





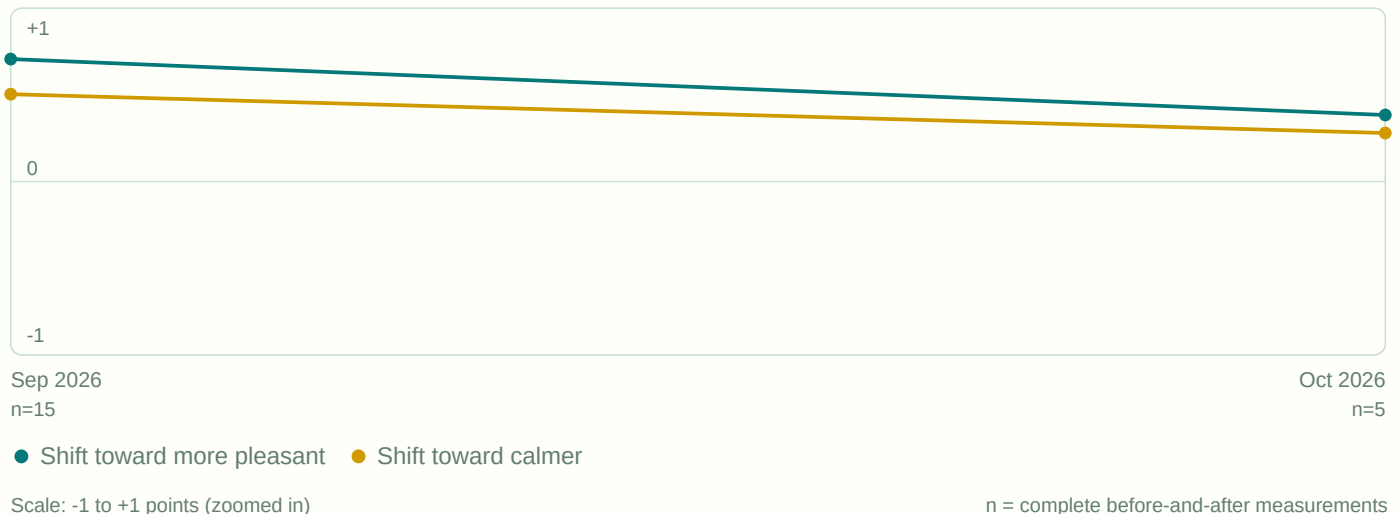
Trends over time - the last six weeks

The average shift per week, in points on the Affect Grid scale from 1 to 9. The chart goes back six weeks from the last session in the selected period. Weeks with fewer than 3 measurements stay empty.



Trend across months

The same shift, but per calendar month across your whole practice history, up to the last twelve months. Months with fewer than 3 measurements stay empty.





Your practice over time

Your practice in this period: 23 recorded, 20 with a complete before-and-after check-in.

You can compare two time blocks. Average difference in pleasantness (after minus before): Sep 2026 +0.7 (n=15), Oct 2026 +0.4 (n=5).

Look back in your journal: which practice moments would you like to repeat?

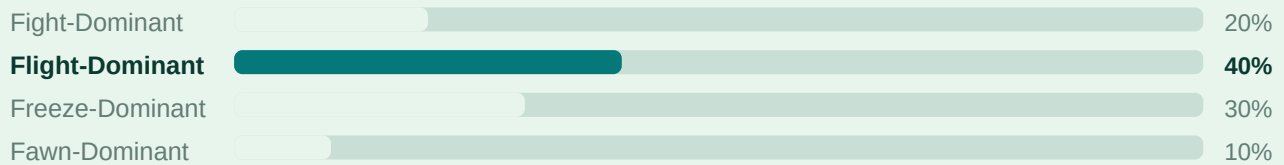
Tracking progress can support the pursuit of self-chosen goals (Harkin et al., 2016).

Nervous System Profile

Fictional quiz result

This example shows a distribution of the four quiz themes.

The quiz is a reflection aid, not a diagnosis.



Example with fictional answers; not based on a user.



Distribution across the period: 1 Sep - 11 Oct 2026

Bar and first number: sessions. n = complete before-and-after measurements.



Last 7 days



Most used exercise

Peripheral vision

11 sessions

Favourites

- Body scan
- Soothing breath



Background

Your nervous system can be trained

Practising regularly works differently from trying very hard once. It is about repetition: every time you consciously relax after tension, you go through the same pattern again. Many people notice that the way back to calm becomes shorter. This way, you can gradually discover what helps you find your way back to calm.

There is also good news about tracking itself: research on progress feedback in psychological treatment shows that people who make their own process visible tend to achieve better results and are less likely to drop out (de Jong et al., 2021, Clinical Psychology Review). Keeping track of yourself is not just pleasant, it can really help. In addition, an experimental meta-analysis of 138 randomised studies with 19,951 participants found that monitoring progress increases goal attainment ($d = 0.40$, 95% CI [0.32, 0.48]), with clearly stronger effects when progress is physically recorded rather than merely thought about (Harkin et al., 2016, Psychological Bulletin).

Stay with yourself

Over the past weeks you have taken time to check in with yourself. A nervous system does not change in a straight line, but with ups and downs, with good weeks and less good ones. Keep practising, keep trusting what you have already built, and keep following yourself. Every check-in is a moment where you take yourself seriously.

Sources

Harkin, B. et al. (2016). Does monitoring goal progress promote goal attainment? A meta-analysis of the experimental evidence. *Psychological Bulletin*, 142(2), 198-229. doi:10.1037/bul0000025.

Russell, J. A., Weiss, A. and Mendelsohn, G. A. (1989). Affect Grid: A single-item scale of pleasure and arousal. *Journal of Personality and Social Psychology*, 57(3), 493-502. doi:10.1037/0022-3514.57.3.493.

de Jong, K. et al. (2021). Using progress feedback to improve outcomes and reduce drop-out, treatment duration, and deterioration: A multilevel meta-analysis. *Clinical Psychology Review*, 85, 102002. doi:10.1016/j.cpr.2021.102002.



My practice sessions and notes

Period: 1 Sep - 11 Oct 2026

October 11, 2026 at 12:00 PM

Body scan

3 min · More pleasant, Calmer

I sat on the sofa at home and followed the body scan. Afterwards I felt less rushed to move straight on.

October 5, 2026 at 12:20 PM

Peripheral vision

2 min · More pleasant, Calmer

Today I took time to look around. I want to try this again after a busy working day.

September 23, 2026 at 01:20 PM

Peripheral vision

2 min · -

I practised, but forgot to check in afterwards. Next time I want to take a moment for that.

September 12, 2026 at 11:00 AM

Body scan

3 min · More pleasant, More activated

I practised after work. My attention wandered during the body scan; afterwards I could return my attention to my body.

September 6, 2026 at 01:00 PM

Peripheral vision

2 min · Stayed the same, Stayed the same

A short practice during the day. I noticed little change. It was still good to take a pause.



My practice sessions and notes

Period: 1 Sep - 11 Oct 2026

September 1, 2026 at 11:00 AM

Peripheral vision

2 min · More pleasant, Calmer

After a busy conversation, I wanted to step out of my thoughts for a moment. Looking around helped me pay more attention to the room. The tension was not completely gone.