



Tell Us How You Think We're Going?

Circle the image that fits

Name _____ Date _____

Do you think this process is helping you?



Do you think we are working well together?



How are you doing generally - do you feel you are moving forward, standing still or going backwards?



How are your relationships going with other people - do you feel these are improving, standing still or getting stronger?



How are you doing emotionally - do feel more stable, just the same or more vulnerable?



On a scale of 1 to 10 with one being poor and ten being great, How would you rate this work we are doing together. *Mark a point below*



1 2 3 4 5 6 7 8 9 10