



Outcomes Evaluation

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Family Tree Counselling™



You can use these materials

- When you want to focus on a bigger picture and evaluate complex experiences
- When it's time to notice progress and dynamic in various spheres of your life
- When you need to assess the results of an extended activity

You can:

1. Reflect on the materials and questions on your own
2. Discuss the topics with your loved ones and friends
3. Explore these questions during a counselling session

Reflection questions



During this period of time...

- For the first time in my life I...
- My most significant projects and tasks were...
- My main areas of dedication and attention were...
- My main sources of support were...
- My experience helped me better understand that...
- My hope for the future is that...

Transition time



- I would like to leave behind

I would like to keep for the future

My goals and dreams

