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ROS

Rating of Outcome Scale v3.1

Please mark how you have been feeling in the past week, with “0” as the worst and “10” as the best. Please fill in the appropriate circle like this: ●

- | | Worst | | | | | | | | | | | | | | | | | | | Best |
|--|-------|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|------|
| How have you felt inside, how were your “gut” feelings? | ① | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | | | | | | | | | |
| How were your relationships with people you care about? | ① | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | | | | | | | | | |
| How have you been doing with tasks (work, school, home)? | ① | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | | | | | | | | | |

Comments:

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Group SES

Group Session Experience Scale v2.0

Please mark how you feel about today’s session. A mark of “0” means the worst and a mark of “10” means the best. Please fill in the appropriate circle like this: ●

- | | Worst | | | | | | | | | | | | | | | | | | | Best |
|--|-------|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|------|
| How much did you feel respected, cared about, and really heard by the group members <u>and</u> group leader? | ① | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | | | | | | | | | |
| How much did the group process deal with topics, feelings, or interactions that are personally important to you? | ① | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | | | | | | | | | |
| How much did you feel today that the group worked well together, even if there wasn’t always harmony? | ① | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | | | | | | | | | |

Comments:

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