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ROS

Rating of Outcome Scale v2.1
German Translation v1.0

Skala zur Bewertung der Ergebnisse

Bitte markieren Sie, wie Sie sich in der letzten Woche gefühlt haben. „0“ bedeutet am schlechtesten und „10“ am besten. Bitte füllen Sie den entsprechenden Kreis folgendermaßen aus: ●

schlechtesten

besten

Wie habe ich innerlich gefühlt, wie war mein Bauchgefühl? ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Wie waren meine Beziehungen mit den Menschen, die mir wichtig sind? ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Wie habe ich meine Aufgaben durchgeführt (Arbeit, Schule, Zuhause)? ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Kommentare:

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SES

Session Experience Scale v2.1
German Translation v1.0

Sitzungserlebnis-Skala

Bitte markieren Sie, wie Sie sich während der heutigen Sitzung gefühlt haben. Eine Markierung bei „0“ bedeutet am schlechtesten und „10“ bedeutet am besten. Bitte füllen Sie den entsprechenden Kreis folgendermaßen aus: ●

schlechtesten

besten

Habe ich mich respektiert gefühlt und gemerkt, dass man sich um mich kümmert und mich wirklich anhört? ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Haben wir heute an den richtigen Dingen gearbeitet? ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Haben wir daran gearbeitet, was ich in meinem Leben verändern will? ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Kommentare:

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