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ROS

Rating of Outcome Scale v2.1

Hebrew Translation v1.0

דירוג של מדרג תוצאות

בבקשה סמן כיצד הרגשת בשבוע האחרון, כאשר "0" מסמל את התחושה הגרועה ביותר ו-"10" את הטובה ביותר.
● בבקשה מלא את העיגולים המתאימים כך:

הטובה	הגרוע
⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ① ①	כיצד הרגשתי מבפנים, איך תחושות הבטן שלי היו?
⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ① ①	איך היו מערכות היחסים שלי עם אנשים שאכפת לי מהם?
⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ① ①	איך התמודדתי עם משימות (בעבודה, בבית הספר, בבית)?

.....תגובות:

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SES

Session Experience Scale v2.1

Hebrew Translation v1.0

מדדי חווית הפגישה

בבקשה סמן כיצד הרגשת בפגישה היום. ציון "0" מסמל את התחושה הגרועה ביותר ו-"10" את הטובה ביותר.
● בבקשה מלא את העיגולים המתאימים כך:

הטובה	הגרועה
⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ① ①	האם הרגשתי שמכבדים אותי, שאכפת ממני ושבאמת נשמעתי?
⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ① ①	האם עבדנו על הדברים הנכונים היום?
⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ① ①	האם עבדנו על מה שאני רוצה לשנות בחיי?

.....תגובות:

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