

# Therapeutic Life Story Work International

## Measurement Tool – young person version

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**My Name:** \_\_\_\_\_

**My Age:** \_\_\_\_\_

**The people helping me with my Life Story Work are:**

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**Why now is a good time to look at my life story:**

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**These are some things that I would like to be or feel different after looking at my life story:**

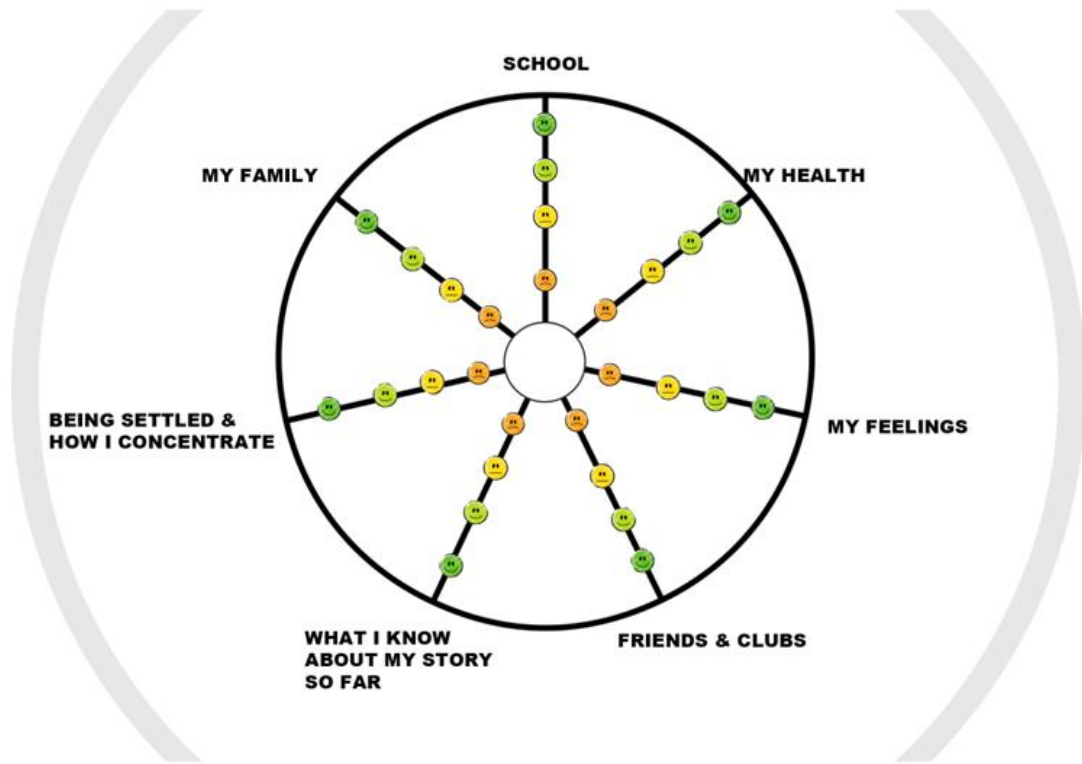
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**My life story work is finished and up to date for now and these are some differences through doing it:**

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KEY:



No worries



Some worries



Worries



Very worried/Many worries

# The 7 Areas:

## School



I really enjoy school, I like nearly all the lessons, I have lots of friends there, I am happy at break and lunchtimes, I ask for help if I need it, I feel that others like me and I look forward to going in the mornings. I get on well with the teachers and I know who to go to if I feel worried or I am not sure about something. I feel like I am doing my best and I generally find the work easy or not too difficult. I get my homework done and handed in and I know other people are happy with how I am doing at school. I can concentrate on tasks and I am more than achieving my potential.



I like school, I have friends and I enjoy most of the lessons. I don't find them too difficult and if I do then I am not worried about asking the teacher for help. I am happy to go in the mornings and I feel safe and happy at break and lunchtimes. I am able to do my homework and hand it in when it is due, I am achieving my potential.



School is "ok" - I would rather not go and sometimes I worry about going but I know that I have to. I have some friends but sometimes I feel a bit lonely and left out of things, especially at break times and lunchtime. I find lessons hard sometimes and I can find it hard to concentrate. I don't often want to ask for help.



I don't like school, the work is too hard or boring and I would rather be doing other things. The teachers are too strict and some of the other kids are not very nice and can be mean. I don't want to do my homework and I don't always hand it in on time. Other people think that my behaviour in school is not good, and so I often get in to trouble and/or have to leave lessons. I know that there are meetings about me to talk about how I could do better.

## The family that I live with now



I feel very safe and happy with the family that I live with now. They understand me and it feels ok when I am sad, cross or don't understand things as they listen to me. I know that I am very important to them and that they care for me, love me and want to protect me. I know that if I want a hug that it is ok and that I can have one and sometimes I do. I know that there are some things that I cannot do as I wouldn't be safe. I do not want to live with any other family as I love this one and feel that I belong here, and I know that they want to keep me too.



I like the family that I live with, I feel accepted and I know that if there was anything that I wasn't allowed to do that they would tell me and I would listen. I know that I am staying here for a long time and I am happy about that.



Living here is ok although I don't know how long I will be here for, I don't really feel a part of the family yet and I think that they get fed up with me and don't always understand why I do what I do. It could be worse, but I would like to feel happier where I live and more wanted. I know that I find it difficult to express myself and to be loved.



I don't like living here and wish that I was living where I was before. It feels like I could move at any time and that I am not really wanted. I don't trust them and don't want them to be nice to me or give them hugs or anything like that, they can just give me food and somewhere to sleep. They don't understand me and have given up trying. I prefer to be on my own most of the time.

## How healthy I am



I feel healthy and strong. I know that I have an ordinary appetite and I know what having a balanced diet is. I have no difficulties with going to bed and sleeping through the night. I like to feel healthy and well and I have regular appointments with the dentist and other health professionals when I need them. I have respect for myself and know that I need to look after my body in the best way that I can and I am able to ask for and accept help with this when I need it. I make sure that I am very active, and I participate in sports outside of school.



I think that I am pretty healthy really, I know that I need to eat a good diet and exercise lots, which I do both at school and outside of school. I usually sleep well at night time, and I know that it is important to keep myself clean and looking tidy.



My health is ok, I do PE at school because I have to although I don't like it really and am not that interested. Sometimes I forget to wash and keep myself clean, but I will do it if I am reminded. It can be hard getting to sleep and I sometimes wake up a lot, so I need help to relax and know that I am safe and ok at night time. I probably eat too many foods that are not good for me and not enough healthy food.



I know that I am not very healthy and I do not look after myself well. I do not go to the dentist regularly or the doctors when I probably should. I don't do much physical exercise as I don't have much energy and I can't be bothered. I find going to sleep hard and when I do sleep I usually wake up lots, I don't like night times. I don't care about my body and what it looks like and I know that other people are worried about this and think that I am unclean. Eating is a difficult area for me. Some of the things that I do are not good for me and other people see them as a risk to my health and safety.

## My feelings



I know that I have lots of feelings inside of me and that I can feel happy, sad, disappointed, cross etc and that that is ok. I know how to show these feelings appropriately and not hide behind others. I have people that I trust that I can express my feelings to, especially when I am worried or feel that things are all muddy or jumbled. I know when other people are feeling these things too and I try and help if I can. Mostly though I feel happy and settled and I enjoy almost everything in my life. I am looking forward to my future.



I feel happy most of the time and when I do feel sad, cross or worried I am able to tell other people so that they can support and help me.



I feel more sad, cross and worried than happy and I find it hard to express how I am feeling to others. I do sometimes feel like hurting myself or others, but don't usually do it. My head feels a jumble most of the time and it is difficult for me to concentrate on what people ask me to do. I have poor self-image.



I don't like talking about my feelings and I usually feel angry and cross about most things. I either keep these inside of me or I find it difficult to control myself and hit out or can be destructive, hurting myself or others. I can't tell what other people are feeling and I don't really care about them anyway.

## My friends and the things I do



I have lots of friends both at school and outside of school and I have some best friends too. They are appropriate to my age and I feel wanted and liked by them and I in turn like and want to be with them. I receive invitations to different things. I am not trying to act older or younger than my age. I feel accepted and included in my peer group and I am a member of some groups and clubs and so also feel included in my community. I feel that I belong where I am.



I have quite a few friends but no-one really close or a "best friend". I go to clubs and feel that I participate well and am a good club member. I get invitations to different events and I have a good time usually when I go.



I don't really feel that I have many friends, but I know a lot of people. I don't get invited to different activities like birthdays or people's houses and I tried inviting people to my house but they didn't want to come. I don't feel particularly included when I am in places and I find it hard talking to people my own age. I spend more time on my own than with other people my age.



I don't have any friends and I feel left out and out of things most of the time. Others don't really like me or want to be with me and so I don't want to be with them, I feel different to them. I'd find it difficult being with people my own age and knowing how to interact appropriately. I have joined clubs, but they didn't go well, and my behaviour meant that I was excluded from them. I don't really feel like I belong anywhere and I find myself hanging out or being around others who are either a lot younger or older than I am and this worries the grown-ups who care about me.

## What I know about my story



I have had help to understand why I am living where I am now and how and why my life has changed. The questions that I had have been answered and I understand as much as I possibly can about my birth family and why some people behaved in the way that they did. I have a sense of identity and culture and I have worked through all of the things that I was confused, cross and sad about. I do not have big gaps in my knowledge and the things that I had made up to fill them have now been replaced with fact. I understand what happened to me and in what order. I accept my past and I live mostly in the here and now. I do not feel that my past controls my life. I can understand how my past affects some of my behaviour.



I understand mostly why I am living where I am now, but I do have some questions. There are some gaps in my knowledge and I am confused about some parts of my story. I know that with some help we can sort this out and it will then eventually make me feel better about myself. I feel quite positive about my self-identity and who I am, but I do need some more help with this.



I don't know that much about how I came to live where I am now, but I do know that things must have gone wrong for me when I was little. I hear some stories, but I do not know which are right and which are made-up. I am confused about my past and I spent a lot of time thinking about it. I feel sad, hurt and rejected and I don't know how to express these appropriately and to who.



I have lots of questions about my past and lots of gaps in my knowledge, I have filled some of these with what I think happened, but I am probably wrong. I don't understand why I think and behave how I do and other people can find this a challenge to manage. I do not know where I have come from and why I am here now, I am very confused about who is who in my life and who I am.



## How I can concentrate and how settled I am



I can concentrate well in lessons in school and also on other things that I am asked to do. I am not constantly thinking about bad thoughts and I am not preoccupied with other things that I am worried about. I am able to participate well. I am also able to be physically still and settled when I need to think or do something rather than moving around a lot, talking and fidgeting or jumping around.



I am able to concentrate most of the time, without thinking about other things that are worrying or bothering me and I can sit still and settle without much difficulty.



I find it difficult to concentrate some of the time and I don't like sitting still if I am told to, I feel that I need to move about and fidget as it is easier for me to do that. Bad or difficult thoughts come into my head quite often and I then can't get rid of them easily. I can stay quiet when asked but I find that a challenge.



I find it very difficult to concentrate, I always have a head full of other thoughts, mainly about bad or negative things or questions that I don't know the answer to. This gets in the way of me learning and other people can see me as obstructive or demanding and say that I have a very short attention span. I can't sit still and settle easily and usually need to move around and/or talk loudly.