

## Narrative Therapy Tree of Life Project

This project is about identifying all the different aspects of your identity; including you past, future goals, strengths and support system. For each section, draw art of your tree and write notes around it. There is a tree drawing as an example on this worksheet.

### Where you come from and your family?

- What roots do you have in your life? How important are these?
- Does your past influence who you are today?
- Do you have any favourite memories?
- Has your perception of your roots changed over time?
- Where were you born? Where did you go to school?

### ROOTS



### Your present life and day-to-day activities you engage in:

- What is the ground like in your life? Is it fairly stable or frequently changing? (could you represent that with flat or bumpy ground)
- What influences you on a daily basis?
- Who do you live with? Where do you go to school/work?
- Do you have a favourite place you like to visit?

### GROUND



### Your skills and abilities:

- What talents and coping skills do you have?
- Can you play an instrument/draw/write? Are you helpful/kind?
- How important are these abilities to you? Do you value them in others?
- Do you find it easier to think of your faults compared to your skills?
- Are there any other skills other people think you have?

### TRUNK



### Your hopes and goals:

- If you could have three wishes what would they be?
- Do you hope for health, happiness, success, money, family etc?
- Do you aspire to be a nursery nurse, actor, vet, ect?
- How achievable do you feel your aspirations are?
- What would need to happen for you to achieve these?
- Do you have hopes and wishes for other people in your life?

### BRANCHES



### Important people in your life:

- Who plays an important role in your life?
- What type of influence have they had? If they've helped, how?
- Do you feel that you have played an important role in their lives?
- How might your relationship change in the future?

### LEAVES



- Are there who have passed away-leaves in the wind?

### Gifts from important people:

- Have these people provided you with a shoulder to cry on/support/compliments?
- What have your parents taught you?
- Have they ever given you a material gift that means a lot to you?
- Have these gifts helped you?
- What have you given them in return?

### FRUIT



### Challenges:

Include everything from family conflict, mental health problems, lack of resources, loss of important people in your life, etc.

- What storms have you experienced in the past?
- How did you manage with these?
- What storms do you think there might be in the future?

### STORMS

