








Narrative Therapy Tree of Life Project

This project is about identifying all the different aspects of your identity; including your past, future goals, strengths and support system. For each section, draw part of your tree and write notes around it. There is a tree outline and some examples on the back of this worksheet.

 ROOTS	Where you come from and your family: <ul style="list-style-type: none">• 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?
 GROUND	Your present life and day-to-day activities you engage in: <ul style="list-style-type: none">• What is the ground like in your life? Is it fairly stable or frequently changing? (could represent 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 that you visit?
 TRUNK	Your skills and abilities: <ul style="list-style-type: none">• 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 skills other people think you have?
 BRANCHES	Your hopes and goals: <ul style="list-style-type: none">• 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, etc?• 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?
 LEAVES	Important people in your life: <ul style="list-style-type: none">• 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?• Are there who have passed away - leaves in the wind?
 FRUIT	Gifts from important people: <ul style="list-style-type: none">• 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 which meant a lot to you?• How have these gifts helped you?• What have you given them in return?
 STORMS	Challenges: <p>Include everything from family conflict, mental health problems, lack of resources, loss of important people in your life, etc.</p> <ul style="list-style-type: none">• 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?

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