Narrative Therapy - Tree of Life

This project is about identifying all the different aspects of your identity; including your past, future goals, strengths and support system.

### ROOTS
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 favorite 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:
- 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 favorite place that you visit?

### TRUNK
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 skills other people think you have?

### BRANCHES
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, 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:
- 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:
- 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?

### The Compost Heap:
Include any life experience, unhelpful message, or memory that you no longer want to be defined by. These are often sources of trauma, abuse, or anything else that shapes negative thoughts about yourself in your mind.
- What storms have you experienced in the past?
- How did you manage with these?
- What new meaning or purpose can you make of these experiences?

The Tree of Life Project was created by Ncube (REPSSI) & Denborough (Dulwich Centre Foundation)
Worksheet adapted from Bremner (2016) at https://firefly255.wordpress.com/2016/05/20/narrative-therapy-project-tree-of-life/