

### Questionnaire for measuring personal growth

1. During the course of education, or upon its completion, did the following changes occur on a personal level? (mark with X: 1 - I completely disagree, 2 - I disagree, 3 - I cannot decide, 4 - I agree, 5 - I completely agree). You can also add your own findings in the boxes below and evaluate them similarly.

|  | I completely disagree | I disagree | I cannot decide | I agree | I strongly agree |
|--|-----------------------|------------|-----------------|---------|------------------|
|  | 1                     | 2          | 3               | 4       | 5                |
| Changes in the perception and conception of one's life story and the discovery of one's own sources of power                                     |                       |            |                 |         |                  |
| Deeper and more complex awareness that benefits me in different areas of life  |                       |            |                 |         |                  |
| Self-sensibility   |                       |            |                 |         |                  |
| Sensibility to your body   |                       |            |                 |         |                  |
| Sensibility in relationships with others   |                       |            |                 |         |                  |
| Sensitivity to nature and the environment  |                       |            |                 |         |                  |
| Recognizing new perspectives on solving and recognizing life stories   |                       |            |                 |         |                  |
| Deeper recognition of (self) responsibility  |                       |            |                 |         |                  |
| Focus on "here and now"  |                       |            |                 |         |                  |
| Positive evaluation of direct experience   |                       |            |                 |         |                  |
| Easier and better restoration of psychological balance and inner calmness  |                       |            |                 |         |                  |
| Reinforcing the confidence that things are happening in life with a specific purpose, that there are no coincidences, that nothing is impossible |                       |            |                 |         |                  |
| More successful resolution of conflicts and difficult situations on a personal level   |                       |            |                 |         |                  |
| Positive orientation in forming self-image   |                       |            |                 |         |                  |
| Better acceptance of oneself   |                       |            |                 |         |                  |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| Recognizing and accepting one's personality boundaries |  |  |  |  |  |
| Less defensive actions                                 |  |  |  |  |  |

**2. During the course of education, or upon its completion, did the following changes occur on a professional level? (mark with X: 1 - I completely disagree, 2 - I disagree, 3 - I cannot decide, 4 - I agree, 5 - I completely agree). You can also add your own findings in the boxes below and evaluate them similarly.**

|  | I completely disagree | I disagree | I cannot decide | I agree | I strongly agree |
|--|-----------------------|------------|-----------------|---------|------------------|
|  | 1                     | 2          | 3               | 4       | 5                |
| Calm and relaxed   |                       |            |                 |         |                  |
| More holistic view of people   |                       |            |                 |         |                  |
| More holistic view of upbringing   |                       |            |                 |         |                  |
| Better insight into situations   |                       |            |                 |         |                  |
| Greater motivation   |                       |            |                 |         |                  |
| Less anxiety   |                       |            |                 |         |                  |
| Increased creativity and confidence in own work  |                       |            |                 |         |                  |
| Including intuition and emotions in decision making  |                       |            |                 |         |                  |
| Discovering new work and research areas  |                       |            |                 |         |                  |
| Better communication and collaboration with colleagues   |                       |            |                 |         |                  |
| Establishing a healthy work/life balance   |                       |            |                 |         |                  |
| Establishing a healthy distance to work and colleagues   |                       |            |                 |         |                  |
| More successful resolution of conflicts and difficult situations in professional life                            |                       |            |                 |         |                  |
| Increased sensibility and empathy in relationships with colleagues   |                       |            |                 |         |                  |
| Easier identification of personal crises of individuals and acquiring more appropriate forms of reaction to them |                       |            |                 |         |                  |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| Better response in difficult situations  |  |  |  |  |  |
| I do not experience professional challenges with fear, but accept them as an opportunity |  |  |  |  |  |

**3. Were there any significant changes in your personal life during your education or upon its completion? Can you list those changes?**

**4. Were there any significant changes in your professional life during your education or upon its completion? Can you list those changes?**

**5. Please evaluate to what extent you perceive a positive change in your satisfaction with personal life after education?**

1-very small, 2-small, 3-neutral, 4-large, 5-very large

**6. Please evaluate to what extent you perceive a positive change in your satisfaction with professional life after education?**

1-very small, 2-small, 3-neutral, 4-large, 5-very large

**7. Which topic was crucial for your personal growth? (Sort by relevance. Highlight important matters in the description.)**

- a. Integration of my personality – Tree
- b. Messages from my parents - My backpack
- c. This is me – Modelling
- d. Permanent and temporary relationships – Sociogram
- e. Visions, goals and communication - Looking to the future

**8. Which of the following methods of work have particularly influenced your personal growth? (Choose up to three.)**

- a. Searching for and identification of symbols
- b. Dancing
- c. Guided imaginative meditation
- d. Artistic expression and modelling
- e. Verbalization and "reading" of pictures - a process with an individual in a "small" group
- f. Creative writing
- g. Body work and exercises
- h. Theoretical explanations

- 9. How has education influenced your view of your childhood and adolescence?**
  
- 10. How has education affected your view of relationships in your primary family (relationships with parents, siblings)?**
  
- 11. How has education influenced the formation of your permanent (family) relationships?**
  
- 12. How has education influenced the formation of your temporary (colleagues and friends) relationships?**
  
- 13. How has education affected your spiritual, ethical and moral dimensions of life?**
  
- 14. What obstacles and barriers do you still encounter in your personal life?**
  
- 15. What obstacles and barriers do you still encounter in your professional life?**