



Funded by the
Erasmus+ Programme
of the European Union



Create Evaluation Jigsaw Tool

Below are some suggestions of how the separate pieces of the jigsaw could be interpreted to evaluate personal development in therapy and other support/activities. This evaluation tool can also be used by Therapists and professionals to evaluate stages in the therapeutic journey.

The metaphors below as a suggestion only, feel free to adapt according to your own needs or those of the people whom you are supporting or working with.

In the list below, we have started with the container moving through finally to grounding and sense of belonging as if the pieces are placed together more fully each stage. This can be amended in ordering as you feel best. Attached are a few examples of how the jigsaw may come together to represent the stage of psychological healing, personal development or therapeutic journey.

JIGSAW PIECE	SUGGESTED METAPHORS
	<p>J</p> <p>Feeling emotional, held and ready to be nurtured.</p>
	<p>I</p> <p>Empty, unfulfilled, having some sense of being contained and held but not secure.</p>
	<p>E</p> <p>Start of a journey, reserved, wary, not strong but having some potential.</p>

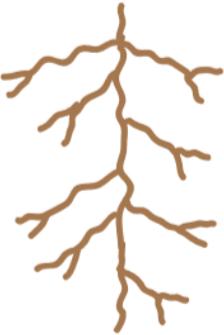


Funded by the
Erasmus+ Programme
of the European Union

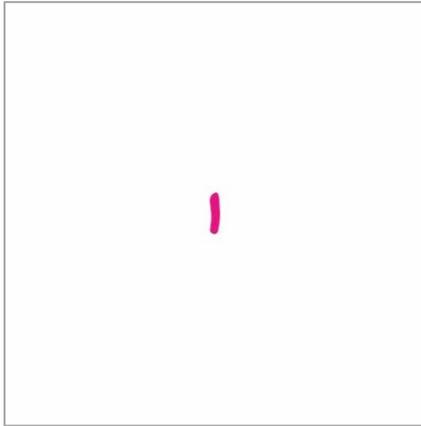


	<p>F</p> <p>Taking on change but cautious or feeling somewhat unsure or emotionally unbalanced.</p>
	<p>G</p> <p>Embracing a positive journey, change, personal growth in a stronger flow.</p>
	<p>H</p> <p>Blooming, fulfilled, doing well, happy, contented, positive and strong stage of personal growth, proud.</p>
	<p>A</p> <p>On the journey to reach fuller happiness.</p>

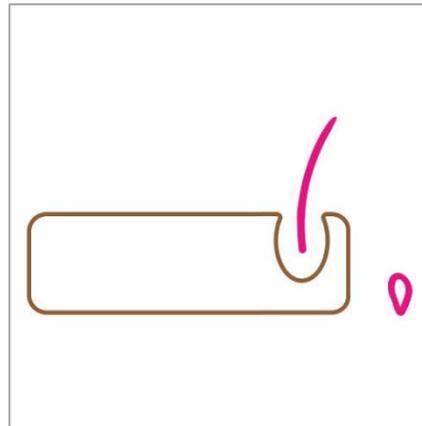


	<p>C</p> <p>Proud, full bloom, content, fulfilled.</p>
	<p>D</p> <p>Letting go of something (positive) or something falling away (negative)</p>
	<p>N</p> <p>Grounded, secure, ready, sense of place and belonging, established.</p>
	<p>K</p> <p>Beginning to feel secure and a sense of place.</p>
	<p>M</p> <p>Very secure and strong sense of belonging, have put down lots of roots, feeling a sense of home and strong social/personal identity.</p>

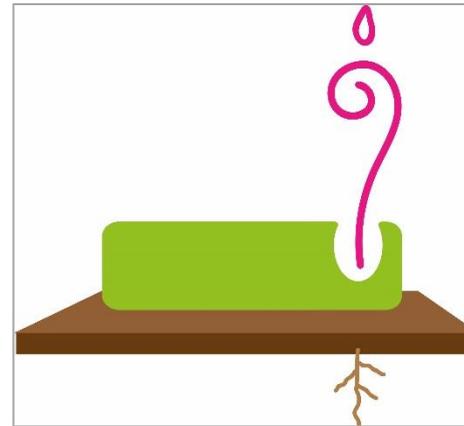
Here are some examples of completed jigsaws and their possible meanings:



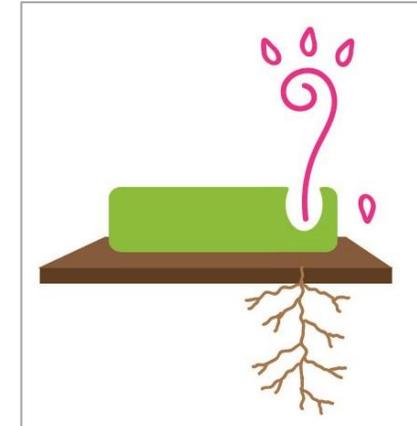
If this person hasn't lived in the UK for very long this lone small stem may represent the start of their new life here. They may also feel lonely as they don't know anyone. They haven't used any roots as they don't feel grounded here yet.



Here the empty pot suggests feeling empty, unfulfilled, feeling contained but not secure yet. However the medium size stem shows that they are embracing their new life and growing. The falling petal could show they are thinking of who or what they have behind and feel a heavy loss.



The platform and full pot represent a more solid feeling of security. They feel grounded and have started to put down roots (shown by the small root). The long stem shows a strong sense of personal growth. But the use of just one petal means they still have a way to go.



This completed puzzle has similar meanings to the previous one. However this person has a stronger sense of stability shown by the large roots. The use of all three petals shows they feel proud, successful and happy. Again the falling petal can suggest they feel the loss of what they had to leave behind.

Emotions/ Context



Below are some metaphors using weather to illustrate emotions or context by participants or therapist to add to the evaluation image.

WEATHER ICON	SUGGESTED METAPHORS
	<p>O</p> <p>Positive, happy, bright, fun, joyous, warm, playful, strong sense of hope.</p>
	<p>P</p> <p>Sun more prominent - optimistic, hopeful, expectant, revealing, playful.</p>



Q

Cloud more prominent - reserved, concerned, doubtful but having some sense of hope.



R

Gathering clouds - worried, anxious, nervous, serious, something impending



S

Drifting, bored, solitary, alone.



T

Sad, upset, gloomy, emotional unbalanced, healthy emotional display through ability to show pain, loss.



U

Sudden/dramatic change, upheaval, destructive, chaotic, confused, emotionally overwhelmed.



V

Lost, confused, want help, closed in, fear, anxious, distress, unable to see through difficulties, claustrophobic.



X

Angry, frustrated, destructive, distressed, powerful,
psychologically/emotionally attacked.



Y

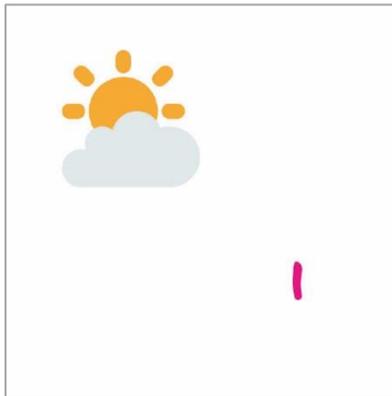
Embracing change, optimistic, hopeful, refreshed.



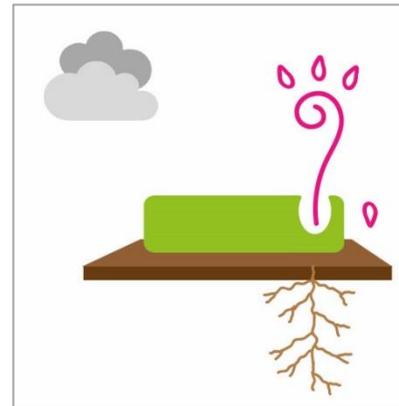
Z

Content, closure, ending, relief.

Here are some examples of completed jigsaws and their possible meanings:



Piece E (small stem) represents the start of a journey they may be strong yet but have potential. The sun in piece P shows they are optimistic but the clouds show they are still quite reserved and wary.



The fully grown plant with full pot, platform and roots shows this person feels secure, grounded and has reached or realised their potential. The looming clouds (piece R) suggest they have doubts, fears or maybe feel exposed and vulnerable.