

## How much? (Please tick a phrase)

Do you feel you have learnt more about yourself?

not at all

a little

a lot

Do you value yourself more?

not at all

a little

a lot

Have you felt a sense of achievement this week?

not at all

a little

a lot

Do you feel you have changed?

not at all

a little

a lot

Have your priorities in life changed?

not at all

a little

a lot

Have you learnt how to get on with people better?

not at all

a little

a lot

Have you learnt about how to make new friends?

not at all

a little

a lot

Do you feel differently about the world you live in?

not at all

a little

a lot

Have you had fun?

not at all

a little

a lot

Did you feel challenged this week?

not at all

a little

a lot

Thank you

I would like my answers to be included in Peter's research

Yes

No

As a result of your time at Castlerigg Manor...

How Many? (Please tick a phrase)

Have you happy memories of the week?

none

a few

a lot

Have you made new friends?

none

a few

a lot

Have you enjoyed new experiences this week?

none

a few

a lot

Better or Worse? (Please tick a phrase)

Have you a better or worse understanding of how others see you?

much worse

worse

the same

better

much better

Do you consider yourself to be a better or a worse person?

much worse

worse

the same

better

much better

Do you know how to look after yourself better?

much worse

worse

the same

better

much better

Are you better or worse at making decisions?

much worse

worse

the same

better

much better

Are you better or worse at speaking in front of others?

much worse

worse

the same

better

much better

## More or Less? (Please tick a phrase)

Are you more or less trusting of others?

much less	less	the same	more	much more
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Are you more or less self-conscious?

much less	less	the same	more	much more
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Do you respect others more or less?

much less	less	the same	more	much more
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Do you value others more or less?

much less	less	the same	more	much more
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Would you say your friendships with the friends you had before you came are more or less strong?

much less	less	the same	more	much more
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Do you think you are more or less likely to give others a chance?

much less	less	the same	more	much more
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Do you value spending time with others more or less?

much less	less	the same	more	much more
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Do you think you understand those around you more or less?

much less	less	the same	more	much more
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Do you feel more or less likely to try out new things?

much less	less	the same	more	much more
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Do you value people who are different from you more or less?

much less	less	the same	more	much more
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Are you more or less concerned about equality in the world?

much less	less	the same	more	much more
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Do you feel more or less concern for the environment?

much less	less	the same	more	much more
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Are you more or less likely to take things for granted?

much less	less	the same	more	much more
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Do you feel you know more or less about your faith?

much less	less	the same	more	much more
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Would you say your faith is more or less strong?

much less	less	the same	more	much more
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Is the church more or less important to you?

much less	less	the same	more	much more
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Do you feel more or less close to God?

much less	less	the same	more	much more
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Do you feel more or less like praying?

much less	less	the same	more	much more
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Do you feel you are more or less religious?

much less	less	the same	more	much more
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Do you feel you are more or less embarrassed about your religion?

much less	less	the same	more	much more
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Do you value working in a team more or less?

much less	less	the same	more	much more
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Do you value listening to others more or less?

much less	less	the same	more	much more
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