

Evaluation form for Emotional Awareness Classes:

Facility: \_\_\_\_\_ Date: \_\_\_\_\_ Name: (optional) \_\_\_\_\_

Was this class worthwhile? \_\_\_\_\_

What was most helpful part of the Emotional Awareness class? What, if anything, made the most difference in your attitudes or way of thinking?

Was there any part of the class that you were not particularly interested in, or that was not helpful?

Are there any topics you would add?

How much of the textbook did you read?(circle one)      none    a little    a lot    all  
Did you make use of the handouts distributed?            none    a little    a lot    all  
Did you do work outside of class time? (letters of forgiveness, inner child, time line, journey of grief, etc)?            none    a little    a lot    all  
Have you included meditation in your daily routine      none    a little    a lot    regularly

Rate each of the topics based on how helpful it was to you:

	Not helpful		Somewhat Helpful		Very Helpful
The Core Self Model	1	2	3	4	5
Judgment and Seeing the light .....	1	2	3	4	5
Triggers	1	2	3	4	5
Reframing	1	2	3	4	5
Anger	1	2	3	4	5
Grief	1	2	3	4	5
Inner Child	1	2	3	4	5
Shame	1	2	3	4	5
Taking responsibility	1	2	3	4	5
Self Forgiveness	1	2	3	4	5
Forgiving others	1	2	3	4	5
Spiritual truths	1	2	3	4	5
Meditation	1	2	3	4	5
Weather Reports	1	2	3	4	5
Robin's videos	1	2	3	4	5
Text book	1	2	3	4	5
Handouts	1	2	3	4	5

Please use the back of the form to comment on any other aspect of the class, and suggestions for improving the class.