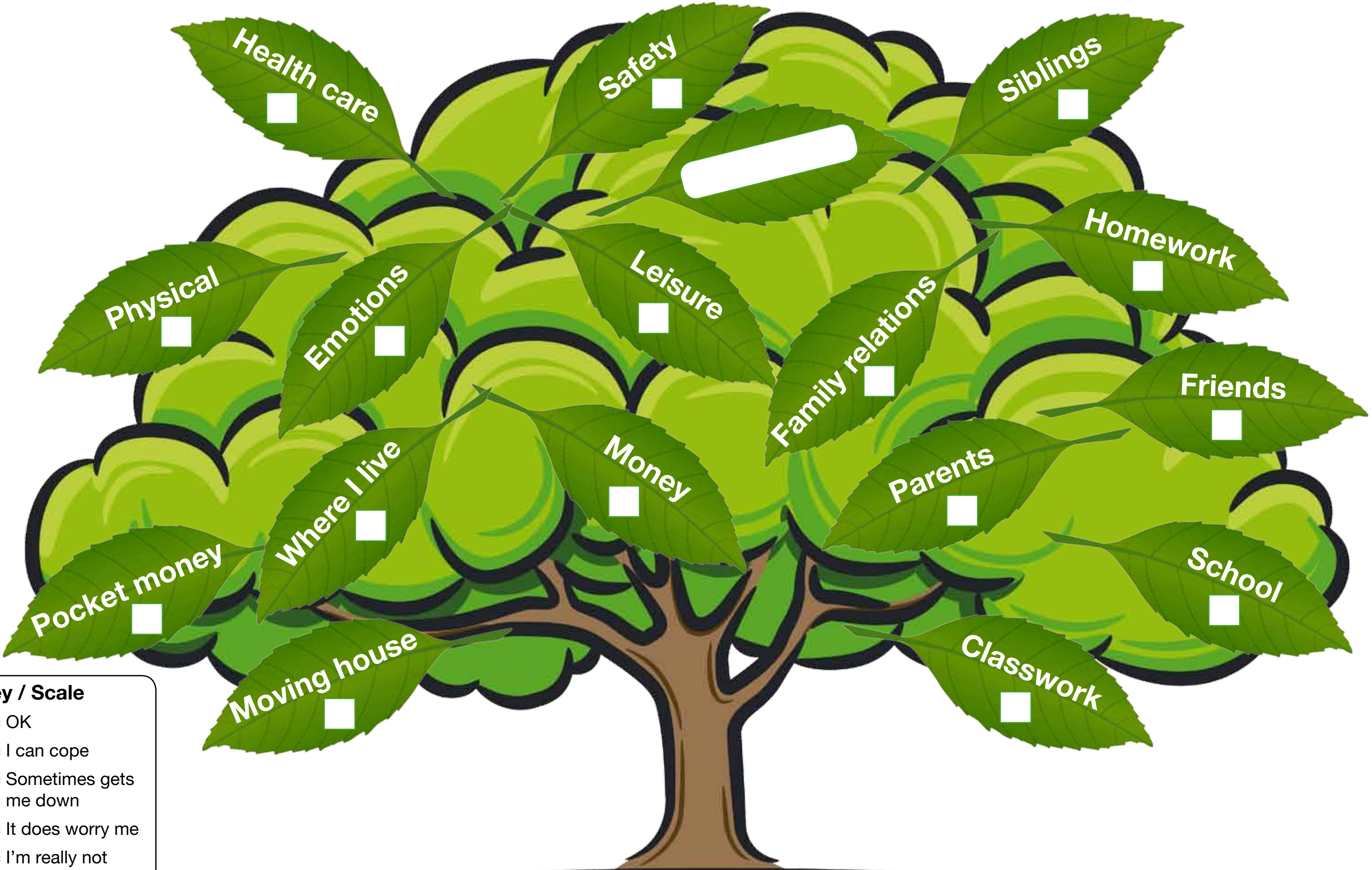


# Me Tree : An introduction



**Key / Scale**  
0 = OK  
1 = I can cope  
2 = Sometimes gets me down  
3 = It does worry me  
4 = I'm really not happy  
5 = Serious

**NAME:** \_\_\_\_\_

**Any areas that scored three or more need to be looked at.**