

**Strictly personal:**

*Directions: For numbers 1-5 circle the answers which best apply. Then in a sentence or two explain why. Follow the special directions given for numbers 6 and 7.*

1. My idea of myself during this retreat: (a) remained the same; (b) became clearer; (c) deteriorated; (d) improved; (e) became more confused.
  
2. My attitude toward those who made the retreat with me: (a) grew clearer; (b) became more sensitive and aware; (c) became more accepting; (d) grew more hostile; (d) remained indifferent; (e) remained unchanged.
  
3. My relationship with God/Christ: (a) deepened; (b) remained the same; (c) regressed; (d) became more alienated.
  
4. My relationship with my family: (a) worsened; (b) became more clearly understood; (c) remained unaffected; (d) became closer.
  
5. In regard to my problems, I: (a) feel more confident in handling them; (b) was able to identify causes; (c) became more confused; (d) was not able to sort out the issues; (e) experienced dramatic deliverance.
  
6. How would you evaluate your degree of effort during this retreat? *(Circle one.)*  

negative	minimal	average	sincere	very great
----------	---------	---------	---------	------------
  
7. What specific thing(s) have you been inspired to do or change as a result of these days?

-----  
*(Clip and return this section to the retreat coordinator)*

**For future planning:**

1. What activities did you find most helpful? Why?
  
2. What activities did you find least helpful? Why?
  
3. If you could summarize the effect of the retreat on you in a word, phrase, slogan, ad saying, animal, food or thing, what would it be? Why?
  
4. What single thing made the most striking impression on you?
  
5. What comments or suggestions would you offer for future retreats?