

Gingerbread Person Design & Wellness Assessment

Note to Facilitator: *I first created this design for a person to assess the perception of the balance of her or his wellness. I also used it in a retreat setting as a community or relational building design for small groups. Later I discovered this design worked well with a family to assess the perceptions of an individual's wellness within the family or the wellness perception of various members of the entire family well-being.*

Instructions

Explain to the individual that the design gives an opportunity to visualize his or her perception of his or her wellness balance. Give the individual a copy of the gingerbread person balanced in eight areas of wellness. The balanced areas of the gingerbread person are represented on the gingerbread person as:

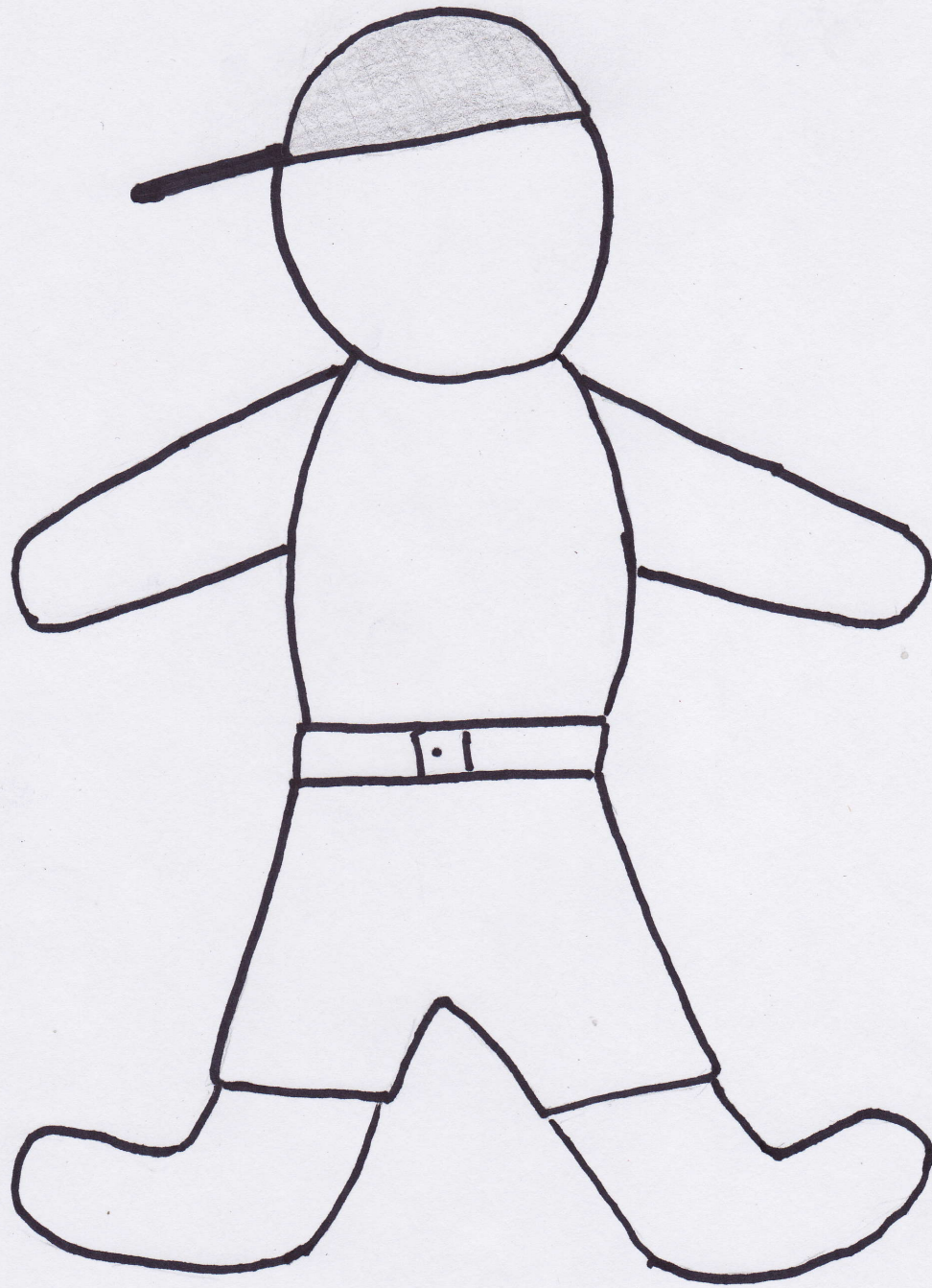
Cap:	Environmental Wellness
Head:	Intellectual Wellness
Left Arm:	Social/Relational Wellness
Right Arm:	Emotional Wellness
Chest:	Spiritual Wellness
Belt:	Financial Wellness
Left Leg:	Occupational/Vocational Wellness
Right Leg:	Physical Wellness

Instruct the individual(s) to draw themselves as a gingerbread person to visualize their perception of their balance in all the areas of wellness. Draw the body part of the gingerbread person to describe or visualize each area. Thus some parts might be very small to depict it is an area that is underdeveloped or undeveloped. Other parts might be very large, if over developed. Perhaps a dotted line might show a broken part of the person. This assessment too is not designed for diagnosis, but rather for dialogue. This tool helps the individual discover and begin to discuss where that person might start working at improving the wellness balance.

For relational building with small groups invite the individual to find a partner and to share their perception drawings of their gingerbread persons with each other. When they have finished sharing. Invite them to form groups of four or six. This time the individual uses his or her partner's gingerbread drawing to introduce his or her partner to the group. In a retreat setting I usually invite the individuals to tape (masking tape) their gingerbread person upon a wall.

When using this design with couples or families, I invite each to draw a gingerbread person representing herself or himself. If there is one person with a relational struggle within the family, I invite the person to draw a wellness gingerbread person of herself or himself. Then I invite the other members of the family to draw a wellness gingerbread person as they perceive and see this person within the family. Often how one perceives herself is not how others perceive her. Again, this is for discussion, not diagnosis. I have found this helpful in dealing with the messiness of familying and finding a beginning for healing.

Gingerbread Person Wellness Assessment



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