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**Graddfa Mesur Canlyniadau (ORS)**

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| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed (Blynyddoedd):\_\_\_\_ Rhyw: G / B  Rhif Sesiwn \_\_\_\_ Dyddiad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Pwy sy’n llenwi’r ffurflen hon? Ticiwch un: Fi fy hunan \_\_\_\_\_\_\_ Arall \_\_\_\_\_\_\_  Os ydych wedi ticio arall, beth yw eich perthynas â’r unigolyn hwn?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| O edrych yn ôl dros yr wythnos ddiwethaf, yn cynnwys heddiw, hoffem i chi ein helpu i ddeall sut rydych chi wedi bod yn teimlo drwy fesur sut mae pethau’n mynd i chi yn y meysydd canlynol o’ch bywyd. Mae marciau i’r chwith yn dangos lefelau isel a marciau i’r dde yn dangos lefelau uchel. *Os ydych yn llenwi’r ffurflen hon ar ran rhywun arall, nodwch sut rydych chi’n teimlo y mae o neu hi yn ei wneud.* |

**AT SYLW CLINIGWYR:** I SICRHAU BOD YSGÔR YN GYWIR ARGRAFFWCH Y RADDFA FESUR I SICRHAU BOD LLINELLAU’R EITEMAU YN 10 CM O HYD. NEWIDIWCH Y FFURFLEN NES BO’R LLINELLAU YN CAEL EU HARGRAFFU YN YR HYD CYWIR. YNA DYLECH DDILEU’R NEGES HON.

**Yn Unigol**

(Lles personol)

I----------------------------------------------------------------------I

**Gyda phobl eraill**

(Teulu, perthnasau agos)

I----------------------------------------------------------------------I

**Yn gymdeithasol**

(Gwaith, ysgol, ffrindiau)

I----------------------------------------------------------------------I

**Ar y cyfan**

(Eich lles yn gyffredinol)

I----------------------------------------------------------------------I

Prosiect ‘The Heart and Soul of Change’

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[www.heartandsoulofchange.com](http://www.heartandsoulofchange.com)

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| 35 |  |  |  |  |  |  |  |  |  | **Torbwynt SRS** |
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| 25 |  |  |  |  |  |  |  |  |  | Torbwynt ORS |
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| Rhif y Sesiwn | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Graddfa Mesur Sesiwn (SRS V.3.0)**

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| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed (Blynyddoedd):\_\_\_\_  Rhif adnabod\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Rhyw: G / B  Rhif sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Nodwch pa mor dda yw’r sesiwn heddiw drwy roi marc yn agos at y llinell sy’n disgrifio eich profiadau oraf. |

# Perthynas

Doeddwn i ddim yn teimlo fy mod wedi cael fy nghlywed, fy neall na fy mharchu

Roeddwn yn teimlo fy mod wedi cael fy nghlywed, fy neall a fy mharchu

I-------------------------------------------------------------------------I

**Nod a Phynciau**

Fe wnaethon ni weithio ar, a siarad am y pethau roeddwn i eisiau

*Ni* wnaethon ni weithio ar, na siarad am y pethau roeddwn i eisiau

I------------------------------------------------------------------------I

**Dull**

Nid yw dull y therapydd yn

Iawn i mi

Mae dull y therapydd yn iawn i mi

I-------------------------------------------------------------------------I

**Ar y cyfan**

Ar y cyfan, roedd y sesiwn heddiw yn dda i mi

Roedd rhywbeth ar goll yn y sesiwn heddiw

I------------------------------------------------------------------------I

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**Graddfa Mesur Canlyniadau’r Plentyn (CORS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed (Blynyddoedd):\_\_\_\_  Rhyw: G / B \_\_\_\_\_\_\_\_\_  Rhif Sesiwn \_\_\_\_ Dyddiad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Pwy sy’n llenwi’r ffurflen hon? Ticiwch un: Plentyn \_\_\_\_\_\_\_ Gofalwr \_\_\_\_\_\_\_  Os gofalwr, beth yw eich perthynas â’r plentyn hwn?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Sut mae pethau efo chi? Sut mae pethau’n mynd yn eich bywyd? Rhowch farc ar y raddfa er mwyn rhoi gwybod i ni. Yr agosaf yw’r marc at y wyneb hapus, mae pethau yn dda. Yr agosaf yw’r marc at y wyneb anhapus, dydy pethau ddim mor dda. *Os ydych yn llenwi’r ffurflen hon ar ran rhywun arall, nodwch sut rydych chi’n teimlo y mae o neu hi yn ei wneud.* |

**Fi**

(Sut mae pethau’n mynd efo fi?)

I------------------------------------------------------------------------------------I



**Teulu**

(Sut mae fy nheulu?)

I------------------------------------------------------------------------------------I

**Ysgol**



(Sut mae pethau’n mynd yn yr ysgol?)

I------------------------------------------------------------------------------------I



**Popeth**



(Sut mae popeth yn mynd?)

I------------------------------------------------------------------------------------I



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**Graddfa Mesur Sesiynau’r Plentyn (CSRS)**

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| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_  Rhyw: G / B  Rhif Sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Sut oedd ein hamser ni efo’n gilydd? Rhowch farc ar y llinellau isod i roi gwybod i ni sut rydych chi’n teimlo. |

# Gwrando

Roedd \_\_\_\_\_\_\_\_\_\_\_

yn gwrando arna i

Nid oedd \_\_\_\_\_\_\_\_\_\_\_\_\_\_ bob tro’n gwrando arna i

I-----------------------------------------------------------------------------------I



**Pa mor bwysig**

Roedd yr hyn wnaethon ni a’r hyn siaradon ni amdano yn bwysig i mi

Nid oedd yr hyn wnaethon ni na’r hun siaradon ni amdano yn bwysig i mi

I-----------------------------------------------------------------------------------I



**Be wnaethon ni**

Roeddwn yn hoffi’r hyn wnaethon ni heddiw

Nid oeddwn yn hoffi’r hyn wnaethon ni heddiw

I-----------------------------------------------------------------------------------I



**Ar y cyfan**

Gobeithio byddwn ni’n gwneud yr un math o bethau y tro nesaf

Hoffwn pe bae ni’n gwneud rhywbeth gwahanol

I-----------------------------------------------------------------------------------I



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**Graddfa Mesur Canlyniadau Plentyn Ifanc (YCORS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_  Rhyw: G / B\_\_\_\_\_  Rhif sesiwn \_\_\_\_ Dyddiad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Dewiswch un wyneb sy’n dangos orau sut mae pethau’n mynd efo chi. Neu, gallwch wneud llun o un sy’n iawn i chi. |

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**Graddfa Mesur Sesiwn Plentyn Ifanc (YCSRS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_  Rhyw: G / B \_\_\_\_\_  Rhif Sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Dewiswch un wyneb sy’n dangos sut oedd hi i chi fod yma heddiw. Neu, gallwch wneud llun o un sy’n iawn i chi. |

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**Graddfa Mesur Sesiynau Grŵp (GSRS)**

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| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_  Rhif adnabod \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Rhyw: G / B  Rhif sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Nodwch pa mor dda yw’r grŵp heddiw drwy roi marc yn agos at y llinell sy’n disgrifio eich profiadau oraf. |

# Perthynas

Roeddwn yn teimlo bod yr arweinydd a’r grŵp yn fy neall, fy mharchu ac yn fy nerbyn.

Nid oeddwn yn teimlo bod yr arweinydd a/neu’r grŵp yn fy neall, fy mharchu a/neu’n fy nerbyn

I----------------------------------------------------------------------I

**Nod a Phynciau**

*Ni* wnaethon ni weithio ar, na siarad am y pethau roeddwn i eisiau

Fe wnaethon ni weithio ar, a siarad am y pethau roeddwn i eisiau

I----------------------------------------------------------------------I

**Dull**

Mae dull yr arweinydd a’r grŵp yn gweddu i mi

Nid yw dull yr arweinydd a/neu’r grŵp yn gweddu i mi

I----------------------------------------------------------------------I

**Ar y cyfan**

Roedd rhywbeth ar goll yn y grŵp heddiw — nid oeddwn yn teimlo’n rhan o’r grŵp

Ar y cyfan, roedd y grŵp heddiw yn iawn i mi — roeddwn yn teimlo’n rhan o’r grŵp

I----------------------------------------------------------------------I

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**Graddfa Mesur Sesiynau Grŵp y Plentyn (CGSRS)**

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| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_  Rhyw: G / B  Rhif Sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Sut oedd ein grŵp ni heddiw? Rhowch farc ar y llinellau isod i roi gwybod i ni sut rydych chi’n teimlo. |

Roedd yr arweinydd a’r grŵp yn gwrando arna i ac yn fy hoffi

Nid oedd yr arweinydd neu’r grŵp yn gwrando arna i nac yn fy hoffi

# Gwrando

I-----------------------------------------------------------------------------------I



**Pa mor bwysig**

Fe wnaethon ni siarad am, a gwneud pethau pwysig

Ni wnaethon ni siarad am, na gwneud pethau pwysig

I-----------------------------------------------------------------------------------I



**Be wnaethon ni**

Roeddwn yn hoffi’r hyn wnathon ni heddiw

Nid oeddwn yn hoffi’r hyn wnaethon ni heddiw

I-----------------------------------------------------------------------------------I



**Ar y cyfan**

Roedd heddiw yn dda i mi — roeddwn yn teimlo’n rhan o’r grŵp

Nid oedd heddiw yn dda i mi – nid oeddwn yn teimlo’n rhan o’r grŵp yma

I-----------------------------------------------------------------------------------I



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