I’m (satisfied) (unsatisfied) (both) (neither) (unsure) with our therapeutic relationship because:

**I could do more to improve our work together by:**

**I think that as my counselor you:** (check any that may apply at this time.)

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help me to define my therapeutic goals.
help me to stay focused on those goals during our sessions.
have my best interests at heart.
accept me.
understand me.
take me seriously.
are knowledgeable and skilled.
are a warm and caring person.
believe in my abilities.
take my feedback into account.
use techniques I am comfortable with.
respect my autonomy.
challenge me in ways I can learn from.
help me create new ideas and solutions to my problems.
I might be late for therapy (or miss my sessions) because: (Check any that may apply at this time.)

O we haven’t been focusing on what is important to me.
O something is going on that is hard to talk about.
O I don’t plan well.
O my relationship with you is getting too intense — maybe I need some distance.
O I don’t like the way my therapy is progressing.
O I am upset about something that you said or did.
O I resent that I am going to therapy to please someone else.
O we haven’t been focusing on what is important to me.
O or: __________________________________________________________________________

As I think about my sessions with you, I would like: (Check any that may apply at this time.)

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| O O O | O O O | focus on (my present day problems) (my past history).
| O O O | O O O | referral to resources that might help me outside of therapy.
| O O O | O O O | to decide what to talk about and what to use my time for.
| O O O | O O O | feedback on why I do what I do.
| O O O | O O O | opportunities to talk more.
| O O O | O O O | information about my problems.
| O O O | O O O | to explore my fantasies and dreams.
| O O O | O O O | to understand how my past may be influencing my life now.
| O O O | O O O | help dealing with difficult behavior.
| O O O | O O O | for you to let me know it is okay for me to feel and express strong feelings in our sessions.

I wish that my therapy would be: (Check any that may apply at this time.)

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| O O O | O O O | challenging
| O O O | O O O | stimulating
| O O O | O O O | accepting
| O O O | O O O | encouraging
| O O O | O O O | calming

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| O O O | O O O | directive
| O O O | O O O | advice-giving
| O O O | O O O | encouraging
| O O O | O O O | supportive
| O O O | O O O | confrontational

My therapy (generally addresses) (sometimes focuses on) (ignores) the issues most important to me.

I leave sessions with (a sense of accomplishment) (sometimes satisfied) (doubting that I have accomplishing anything).

In thinking about your therapy, what have been the most significant, positive changes for you?

You could do more to improve our work together by: