

Working Alliance Inventory

Form R/T

Instructions

On the following pages there are sentences that describe some of the ways a therapist might feel about a client. When you read these descriptions, think about your **last session only** and mentally insert the name of your client in place of _____ in the text.

Below each statement there is a seven point scale:

1	2	3	4	5	6	7
Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always

If the statement describes the way you felt or thought **throughout your last session**, circle the number 7; if the sentence describes a thought or feeling that **did not occur at all** to you circle the number 1. Use the numbers 2 to 6 to describe the variations between these extremes.

You will be asked to complete this report a number of times during your therapy. Remember, each time we are interested in your impressions from the **last session only**.

This questionnaire is CONFIDENTIAL; only the members of the research team will see your answers.

Work fast, your first impressions are the ones we would like to see.
(PLEASE DON'T FORGET TO RESPOND TO EVERY ITEM.)
Thank you for your cooperation.

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1. In this session I felt uncomfortable with _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
2. _____ and I agreed about the steps to be taken to improve his/her situation.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
3. I had some concerns about the outcome of the session.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
4. My client and I both feel confident about the usefulness of our current activity in therapy.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
5. I feel I really understood _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
6. _____ and I had a common perception of her/his goals..	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
7. _____ found what we are doing in the session confusing.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
8. I believe _____ likes me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
9. I sensed a need to clarify the purpose of our session for _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
10. I felt I had some disagreements with _____ about the goals of the session.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
11. I believe the time _____ and I were spending together was not spent efficiently.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always

12. In this session I had doubts about what we were trying to accomplish.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
13. I felt I was clear and explicit about what _____'s responsibilities are in therapy.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
14. The goals of this session were important for _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
15. I found what _____ and I were doing in the session were unrelated to her/his current concerns.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
16. I felt confident that the things we did will help _____ to accomplish the changes that he/she desires.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
17. I am genuinely concerned for _____'s welfare.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
18. I am clear as to what I expected _____ to do in the session.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
19. _____ and I respect each other.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
20. I feel that I was not totally honest about my feelings toward _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
21. I was confident in my ability to help _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always

22. We were working towards mutually agreed upon goals.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
23. I appreciate _____ as a person.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
24. We were in agreement about what is important for _____ to work on.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
25. As a result of this session _____ is clearer as to how she/he might be able to change.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
26. _____ and I have built a mutual trust.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
27. _____ and I had different ideas on what his/her real problems were.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
28. Our relationship is important to _____.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
29. I felt that _____ had some fears that if she/he says or does the wrong things, I would stop working with him/her.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
30. _____ and I were collaborating in setting goals for the session.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
31. _____ was frustrated by what I was asking her/him to do.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always

32. We have established a good understanding between us of the kind of changes that would be good for _____.	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
33. I thought that the things that we were doing in the session did not make much sense to _____.	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
34. I felt that _____ did not know what to expect as the result of the session.	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
35. I think _____ believes the way we were working with her/his problem is correct.	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
36. I respect _____ even when he/she does things that I do not approve of.	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always