

Working Alliance Inventory

Short Form T

Instructions

On the following pages there are sentences that describe some of the different ways a person might think or feel about his or her client. As you read the sentences mentally insert the name of your client in place of _____ in the text.

Below each statement inside 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 **always** feel (or think) circle the number 7; if it **never** applies to you circle the number 1. Use the numbers in between to describe the variations between these extremes.

This questionnaire is **CONFIDENTIAL**; neither your client nor the agency 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.

1. _____ and I agree about the steps to be taken to improve his/her situation.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
2. My client and I both feel confident about the usefulness of our current activity in therapy.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
3. I believe _____ likes me.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
4. I have doubts about what we are trying to accomplish in therapy.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
5. I am confident in my ability to help _____.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
6. We are working towards mutually agreed upon goals.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
7. I appreciate _____ as a person.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
8. We agree on what is important for _____ to work on.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
9. _____ and I have built a mutual trust.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
10. _____ and I have different ideas on what his/her real problems are.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |
11. 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 |
12. _____ believes the way we are working with her/his problem is correct.
- | | | | | | | |
|-------|--------|--------------|-----------|-------|------------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Never | Rarely | Occasionally | Sometimes | Often | Very Often | Always |