

Working Alliance Inventory

Form C

Instructions

On the following pages there are sentences that describe some of the different ways you might have thought or felt about your therapist . As you read the sentences mentally insert the name of your therapist 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** felt (or thought) circle the number 7; if it **never** applied to you circle the number 1. Use the numbers in between to describe the variations between these extremes.

This questionnaire is **CONFIDENTIAL**; only 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. 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 things I will need to do in therapy to help improve my situation.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
3. I was worried about the outcome of the sessions.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
4. What I was doing in therapy gave me new ways of looking at my problem.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
5. _____ and I understood each other.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
6. _____ perceived accurately what my goals were.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
7. I find what I was doing in therapy confusing.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
8. I believe _____ liked me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
9. I wish _____ and I could have clarified the purpose of our sessions.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
10. I disagreed with _____ about what I ought to get out of therapy.	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.	_____ did not understand what I was trying to accomplish in therapy.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
13.	I was clear on what my responsibilities were in therapy.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
14.	The goals of the sessions were important for me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
15.	I find what _____ and I were doing in therapy was unrelated to my concerns.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
16.	I feel that the things I did in therapy helped me to accomplish the changes that I wanted.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
17.	I believe _____ was genuinely concerned for my welfare.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
18.	I was clear as to what _____ wanted me to do in those sessions.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
19.	_____ and I respected each other.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
20.	I feel that _____ was not totally honest about his/her feelings toward me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
21.	I was confident in _____'s ability to help me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
22.	_____ and I were working towards mutually agreed upon goals.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always

23.	I feel that _____ appreciated me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
24.	We agreed on what was important for me to work on.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
25.	As a result of the therapy I became clearer as to how I might be able to change.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
26.	_____ and I trusted one another.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
27.	_____ and I had different ideas on what my problems were.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
28.	My relationship with _____ was very important to me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
29.	I had the feeling that if I said or did the wrong things, _____ would stop working with me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
30.	_____ and I collaborated on setting goals for my therapy.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
31.	I was frustrated by the things I was doing in therapy.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
32.	We had a good understanding of the kind of changes that would be good for me.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
33.	The things that _____ was asking me to do did not make sense.						
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always

34. I did not know what to expect as the result of my therapy.							
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always

35. I believe the way we were working with my problem was correct.							
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always

36. I feel _____ cared about me even when I did things that he/she did not approve of.							
	1	2	3	4	5	6	7
	Never	Rarely	Occasionally	Sometimes	Often	Very Often	Always
