

Working Alliance Inventory

Form R/C

Instructions

On the following pages there are sentences that describe some of the ways a person might think or feel about his or her therapist. When you read these descriptions, think about your **last session only** and mentally insert the name of your therapist 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. 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 needed to do 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 session.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
4. What I was doing in therapy give 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 found 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 the session.	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 are spent together is 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.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
13. I was clear on what my responsibilities were in the session.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
14. The goals of each of this session were important for me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
15. I find what _____ and I were doing in therapy was unrelated to my concerns.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
16. I feel that the things I did in therapy helped me to accomplish the changes that I wanted.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
17. I believe _____ was genuinely concerned for my welfare.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
18. I am clear as to what _____ wanted me to do in this 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 _____ was not totally honest about his/her feelings toward me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always

21. I am confident in _____'s ability to help me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
22. _____ and I were working towards mutually agreed upon goals.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
23. I feel that _____ appreciated me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
24. We were in agreement on what was important for me to work on.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
25. As a result of this sessions I am clearer as to how I might be able to change.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
26. _____ and I trust one another.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
27. _____ and I had different ideas on what my problems are.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
28. My relationship with _____ is very important to me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
29. I had a feeling that if I say or do the wrong things, _____ will stop working with me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
30. _____ and I collaborated on setting goals for my therapy.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always

31. I was frustrated by the things I was doing in therapy.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
32. We have established a good understanding of the kind of changes that would be good for me.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
33. The things that _____ was asking me to do didn't make sense.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
34. I don't know what to expect as the result of my therapy.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
35. I believe the way we were working with my problem was correct.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always
36. I feel _____ cares about me even when I do things that he/she does not approve of.	1 Never	2 Rarely	3 Occasionally	4 Sometimes	5 Often	6 Very Often	7 Always