Working Alliance Inventory – Short Revised (WAI-SR)

Instructions: Below is a list of statements and questions about experiences people might have with their therapy or therapist. Some items refer directly to your therapist with an underlined space – as you read the sentences, mentally insert the name of your therapist in place of ______ in the text. Think about your experience in therapy, and decide which category best describes your own experience.

IMPORTANT!!! Please take your time to consider each question carefully.

1. As a result of these sessions I am clearer as to how I might be able to change.
   - Seldom
   - Sometimes
   - Fairly Often
   - Very Often
   - Always

2. What I am doing in therapy gives me new ways of looking at my problem.
   - Always
   - Very Often
   - Fairly Often
   - Sometimes
   - Seldom

3. I believe___likes me.
   - Seldom
   - Sometimes
   - Fairly Often
   - Very Often
   - Always

4. ___and I collaborate on setting goals for my therapy.
   - Seldom
   - Sometimes
   - Fairly Often
   - Very Often
   - Always

5. ___and I respect each other.
   - Always
   - Very Often
   - Fairly Often
   - Sometimes
   - Seldom

6. ___and I are working towards mutually agreed upon goals.
   - Always
   - Very Often
   - Fairly Often
   - Sometimes
   - Seldom

7. I feel that___appreciates me.
   - Seldom
   - Sometimes
   - Fairly Often
   - Very Often
   - Always

8. _____ and I agree on what is important for me to work on.
   - Always
   - Very Often
   - Fairly Often
   - Sometimes
   - Seldom

9. I feel _____ cares about me even when I do things that he/she does not approve of.
   - Always
   - Very Often
   - Fairly Often
   - Sometimes
   - Seldom
10. I feel that the things I do in therapy will help me to accomplish the changes that I want.

Always Very Often Fairly Often Sometimes Seldom

11. _____ and I have established a good understanding of the kind of changes that would be good for me.

Always Very Often Fairly Often Sometimes Seldom

12. I believe the way we are working with my problem is correct.

Seldom Sometimes Fairly Often Very Often Always

Note: Items copyright © Adam Horvath. Goal Items: 4, 6, 8, 11; Task Items: 1, 2, 10, 12; Bond Items: 3, 5, 7, 9