

## **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.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

2. What I am doing in therapy gives me new ways of looking at my problem.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

3. I believe\_\_\_\_likes me.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

4. \_\_\_\_and I collaborate on setting goals for my therapy.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

5. \_\_\_\_and I respect each other.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

6. \_\_\_\_and I are working towards mutually agreed upon goals.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

7. I feel that\_\_\_\_appreciates me.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

8. \_\_\_\_\_ and I agree on what is important for me to work on.

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

9. I feel \_\_\_\_\_ cares about me even when I do things that he/she does not approve of.

①	②	③	④	⑤
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Seldom      Sometimes      Fairly Often      Very Often      Always

**10. I feel that the things I do in therapy will help me to accomplish the changes that I want.**

①                      ②                      ③                      ④                      ⑤  
Seldom      Sometimes      Fairly Often      Very Often      Always

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

①                      ②                      ③                      ④                      ⑤  
Seldom      Sometimes      Fairly Often      Very Often      Always

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

①                      ②                      ③                      ④                      ⑤  
Seldom      Sometimes      Fairly Often      Very Often      Always