

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