**W**orking **A**lliance **I**nventory

Terápiás Kapcsolat Leltár

Therapeutic Relationship Inventory

**Form C**

**Kliens verzió**

**Instructions**

Útmutató

On the following pages there are sentences that describe some of the different ways a person might think or feel about his or her therapist. As you read the sentences mentally insert the name of your therapist (counsellor) in place of \_\_\_\_\_\_\_\_\_\_\_\_\_in the text.

A következő oldalakon olyan állításokat olvashat, amelyek leírják, hogy valaki milyen különböző módokon szokott gondolkodni vagy érezni a terapeutájával kapcsolatban.

A mondatok olvasása közben gondolatban illessze be a terapeutája nevét a \_\_\_\_ helyre.

On the following pages, you will find statements describing the different ways someone might think or feel about their therapist.

As you read the sentences, mentally insert your therapist's name in the blank space \_\_\_\_.

Below each statement inside there is a seven point scale:

Minden állítás alatt egy hét fokozatú skála található.

Each statement is followed by a seven-point scale.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

Soha Ritkán Esetenként Néha Gyakran Nagyon gyakran Mindig

If the statement describes the way you ***always*** feel (or think) circle the number 7; if it ***never*** applies to you circle the number 1.   
 Use the numbers in between to describe the variations between these extremes.

Ha az állítás azt írja le, ahogyan mindig érez (vagy gondol), karikázza be az 7-es számot; ha sohasem vonatkozik Önre, karikázza be az 1-es számot. Használja a köztes számokat a szélsőségek közötti állapot leíráshoz.

If the statement describes how you always feel (or think), circle the number 7; if it never applies to you, circle the number 1. Use the numbers in between to indicate states between these extremes.

This questionnaire is **CONFIDENTIAL**; neither your therapist nor the agency will see your answers.

A kérdőív BIZALMAS, sem a terapeutája, sem pedig az ellátóhely nem láthatja a válaszait.

The questionnaire is CONFIDENTIAL; neither your therapist nor the service provider will be able to see your responses.

Work fast, your first impressions are the ones we would like to see.

(PLEASE DON'T FORGET TO RESPOND TO ***EVERY*** *ITEM.*)

Dolgozzon gyorsan, az első benyomásai azok, amelyeket szeretnénk megismerni.

(KÉRJÜK, NE FELEDKEZZEN MEG MINDEN TÉTELRE VÁLASZOLNI.)

Work quickly, as we would like to know your first impressions.

(PLEASE DO NOT FORGET TO ANSWER EVERY ITEM.)

Thank you for your cooperation.

Köszönjük az együttműködését.

Thank you for your cooperation.

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1. I feel uncomfortable with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Kényelmetlenül érzem magamat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -val/vel.  
I feel uncomfortable with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I agree about the things I will need to do in therapy to help improve my situation.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én egyetértünk abban, hogy mit kell tennem a terápiában a helyzetem javítása érdekében.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I agree about the things I will need to do in therapy to help improve my situation.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

3. I am worried about the outcome of these sessions.

Aggódom az ülések kimenetele miatt.

I am worried about the outcome of these sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

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

Amit a terápiában csinálok, új rálátást ad a problémára.

What I do in therapy gives me a new perspective on the problem.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I understand each other.

\_\_\_\_\_\_\_\_\_\_\_\_\_ és én megértjük egymást.  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I understand each other.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perceives accurately what my goals are.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pontosan érzékeli, mik a céljaim.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perceives accurately what my goals are.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

7. I find what I am doing in therapy confusing.

Zavarosnak találom, amit a terápiában csinálok.

I find what I do in therapy confusing.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

8. I believe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likes me.

Úgy gondolom, hogy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kedvel engem.

I believe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likes me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

9. I wish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I could clarify the purpose of our sessions.

Azt kívánom, hogy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én tisztázhassuk az üléseink célját.

I wish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I could clarify the purpose of our sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

10. I disagree with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about what I ought to get out of therapy.

Nem értek egyet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-val/vel abban, hogy mit kellene elérnem a terápiával.

I disagree with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about what I ought to get out of therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

11. I believe the time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I are spending together is not spent efficiently.

Úgy gondolom, hogy az \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-val/vel eltöltött idő nem hatékonyan telik.

I believe the time spent with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not spent efficiently.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not understand what I am trying to accomplish in therapy.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ nem érti pontosan, hogy mit próbálok elérni a terápiában.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not understand what I am trying to accomplish in therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

13. I am clear on what my responsibilities are in therapy.

Világos számomra, hogy mik a felelősségeim a terápiában.  
I am clear on what my responsibilities are in therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

14. The goals of these sessions are important for me.

Az ülések céljai fontosak számomra.

The goals of these sessions are important for me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

15. I find what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I are doing in therapy is unrelated to my concerns.

Úgy érzem, hogy amit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én csinálunk a terápiában, nem kapcsolódik a problémáimhoz.

I find what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I are doing in therapy is 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 do in therapy will help me to accomplish the changes that I want.

Úgy érzem, hogy a terápiában tett lépések segíteni fognak az általam kívánt változások elérésében.

I feel that the steps I take in therapy will help me achieve the changes I want.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

17. I believe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is genuinely concerned for my welfare.

Hiszem, hogy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ őszintén törődik a jólétemmel.

I believe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is genuinely concerned for my welfare.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

18. I am clear as to what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wants me to do in these sessions.

Világos elképzelésem van arról, hogy \_\_\_ mit szeretne tőlem a terápiában.  
I am clear as to what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wants me to do in these sessions.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I respect each other.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én tiszteljük egymást.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I respect each other.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

20. I feel that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not totally honest about his/her feelings toward me.

Úgy érzem, hogy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ nem teljesen őszinte a velem kapcsolatos érzéseit illetően.

I feel that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is 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 am confident in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 's ability to help me.

Bízom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ képességeiben, hogy segíteni tud nekem.

I am 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 are working towards mutually agreed upon goals.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én közösen dolgozunk a kölcsönösen elfogadott célokon.  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I are 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ appreciates me.

Úgy érzem, hogy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ értékel engem.

I feel that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ appreciates me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

24. We agree on what is important for me to work on.

Egyetértünk abban, hogy min kellene dolgoznom.

We agreed on what I should work on.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

25. As a result of these sessions I am clearer as to how I might be able to change.

Az ülések eredményeként világosabb lett számomra, hogy hogyan tudnék változni.

As a result of the sessions, it became clearer to me how I could change.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I trust one another.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én megbízunk egymásban.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I trust one another.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have different ideas on what my problems are.

\_\_\_\_\_\_\_\_\_\_ -val/vel különböző elképzeléseink vannak arról, hogy mik a problémáim.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have different ideas on what my problems are.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

28. My relationship with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is very important to me.

A kapcsolatom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-val/vel nagyon fontos számomra.

My relationship with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is very important to me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

29. I have the feeling that if I say or do the wrong things, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will stop working with me.

Van egy olyan érzésem, hogy ha rosszat mondok vagy teszek, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abbahagyja a velem való munkát.

I have the feeling that if I say or do the wrong things, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will stop working with me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

30. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I collaborate on setting goals for my therapy.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ és én együtt dolgozunk a terápiás célok kitűzésében.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I collaborate on setting goals for my therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

31. I am frustrated by the things I am doing in therapy.

Frusztráltnak érzem magam a terápiában tett lépésekkel kapcsolatban.  
I am frustrated by the things I am doing in therapy.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

32. We have established a good understanding of the kind of changes that would be good for me.

Jó egyetértésre jutottunk abban, hogy milyen változások lennének hasznosak számomra.

We came to a good agreement on what changes would be beneficial for me.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

33. The things that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is asking me to do don't make sense.

Azoknak a dolgoknak, amiket \_\_\_ kér tőlem, nincs értelme.

The things \_\_\_ asks of me don't make sense.

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

34. I don't know what to expect as the result of my therapy.

Nem tudom, mire számíthatok a terápia eredményeként.

I don't 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 are working with my problem is correct.

Úgy érzem, hogy a problémámra alkalmazott módszer helyes.

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

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always

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

Úgy érzem, hogy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ törődik velem akkor is, amikor olyat teszek, amit nem helyesel.

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

1 2 3 4 5 6 7

Never Rarely Occasionally Sometimes Often Very Often Always