

## 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.

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

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.

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

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

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

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.

⑤	④	③	②	①
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.

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.

⑤                      ④                      ③                      ②                      ①  
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.

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

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

**Note: Items copyright © Adam Horvath. Goal Items: 4, 6, 8, 11; Task Items: 1, 2,**

**10, 12; Bond Items: 3, 5, 7, 9**