

greenspace

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	My therapist and I understand each other.	1	2	3	4	5
2	We have established a good understanding of the kind of changes that would be good for me.	1	2	3	4	5
3	I feel that my therapist appreciates me.	1	2	3	4	5
4	I believe the time my therapist and I are spending together is not spent efficiently.	1	2	3	4	5
5	I believe my therapist likes me.	1	2	3	4	5
6	What I'm doing in therapy gives me new ways of looking at my problem.	1	2	3	4	5
7	I feel my therapist cares about me even when I do things that he/she does not approve of.	1	2	3	4	5
8	My therapist does not understand what I am trying to accomplish in therapy.	1	2	3	4	5
9	I am confident in my therapist's ability to help me.	1	2	3	4	5
10	I feel that the thing I do in therapy will help me to accomplish the changes that I want.	1	2	3	4	5
11	My therapist and I trust one another.	1	2	3	4	5
12	I disagree with my therapist about what I ought to get out of therapy.	1	2	3	4	5
13	I believe in my therapist is genuinely concerned for my welfare.	1	2	3	4	5
14	We agree on what is important for me to work on.	1	2	3	4	5
15	My therapist and I respect each other.	1	2	3	4	5
16	The things that my therapist is asking me to do don't make sense.	1	2	3	4	5

☒ Tasks and Goals ☐ Bonds