

Therapy Assessment

Instructions: For each statement below, circle the appropriate answer indicating how little or how much you agree.

	Strongly agree	Disagree	Neutral	Agree	Strongly Agree
1. The outcome of therapy is significantly related to my commitment to therapy and attending session consistently.	1	2	3	4	5
2. In order to achieve my goals, I understand that it will be a process with highs and lows.	1	2	3	4	5
3. I feel confident that I will be successful in therapy.	1	2	3	4	5
4. I feel that therapy is a safe place.	1	2	3	4	5
5. I am willing to work collaboratively with my therapist when I am unsure or feel uneasy about the therapy process meaning having an open and honest conversation with my therapist when necessary.	1	2	3	4	5
6. I feel that I can balance both my commitment to therapy and all other responsibilities.	1	2	3	4	5
7. I am willing to commit myself fully to the therapeutic process understanding that it may challenge me to change the way I think about myself and others.	1	2	3	4	5
8. It is important to me to not let life events interfere with therapy.	1	2	3	4	5
9. It is important to me to discuss any issues that I am having with therapy with my therapist as I know that it is the lack of these conversations that do not serve me or my therapist well.	1	2	3	4	5
10. I believe that addressing any concerns I have about therapy (e.g., my ability to continue or concerns I have about the process) is important to discuss in-person with my therapist.	1	2	3	4	5