

On each of the items below, please indicate your tendencies as a psychotherapist or counselor by circling a number. A 3 indicates a *strong* tendency in that direction, 2 indicates a *moderate* tendency in that direction, 1 indicates a *slight* tendency in that direction, 0 indicates no tendency in either direction/an equally strong tendency in both directions.

As a therapist, I like to

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| 1. Focus on specific goals
3 2 1 | No or equal preference
0 | -1 | Not focus on specific goals
-2 -3 |
| 2. Provide structure to the therapy
3 2 1 | No or equal preference
0 | -1 | Allow the therapy to be unstructured
-2 -3 |
| 3. Teach clients skills to deal with their problems
3 2 1 | No or equal preference
0 | -1 | Not teach clients skills to deal with their problems
-2 -3 |
| 4. Give clients 'homework' to do
3 2 1 | No or equal preference
0 | -1 | Not give clients 'homework' to do
-2 -3 |
| 5. Allow clients to take the lead in therapy
3 2 1 | No or equal preference
0 | -1 | Take a lead in therapy
-2 -3 |
| 6. Encourage clients to go into difficult emotions
3 2 1 | No or equal preference
0 | -1 | Not encourage clients to go into difficult emotions
-2 -3 |
| 7. Talk with clients about the therapy relationship
3 2 1 | No or equal preference
0 | -1 | Not talk with clients about the therapy relationship
-2 -3 |
| 8. Focus on the relationship between us
3 2 1 | No or equal preference
0 | -1 | Not focus on the relationship between us
-2 -3 |
| 9. Encourage client to express strong feelings
3 2 1 | Not encourage me to express
0 | -1 | Not encourage client to express strong feelings
-2 -3 |
| 10. Focus mainly on clients feelings
3 2 1 | No or equal preference
0 | -1 | Focus mainly on clients thoughts
-2 -3 |
| 11. Focus on clients life in the past
3 2 1 | No or equal preference
0 | -1 | Focus on clients life in the present
-2 -3 |
| 12. Help client reflect on my childhood
3 2 1 | No or equal preference
0 | -1 | Help client reflect on my adulthood
-2 -3 |
| 13. Focus on clients past
3 2 1 | No or equal preference
0 | -1 | Focus on clients future
-2 -3 |
| 14. Be gentle
3 2 1 | No or equal preference
0 | -1 | Be challenging
-2 -3 |
| 15. Be supportive
3 2 1 | No or equal preference
0 | -1 | Be confrontational
-2 -3 |
| 16. Not interrupt client
3 2 1 | No or equal preference
0 | -1 | Interrupt client and keep client focused
-2 -3 |
| 17. Challenge clients beliefs and views
3 2 1 | No or equal preference
0 | -1 | Do not challenge clients beliefs and views
-2 -3 |
| 18. Support clients behavior unconditionally
3 2 1 | No or equal preference
0 | -1 | Challenge client behavior if you think its wrong
-2 -3 |