

My Thoughts About Therapy – Youth

Directions. This form is about your thoughts and experiences with therapy. Please complete only the sections that have a checkmark at the top. Circle the answer that best tells how true each sentence is about how you usually feel. There are no right or wrong answers. Just circle what you think describes you best.

Please complete the next 7 items below.

R	1. I like meeting with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I feel like I can tell my counselor anything.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. My counselor understands my culture and values.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. I feel like I am part of a team with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. I feel comfortable asking my counselor questions or raising concerns about counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. My counselor respects my opinions.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. I help decide what we work on together.	Strongly Disagree	Disagree	Agree	Strongly Agree

Please complete the next 7 items below.

E	1. The effort I put into counseling will pay off for me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I believe my counselor knows how to help other people who are like me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. I've never had a bad experience with counseling in the past.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. It's OK if family or friends know I meet with a counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. I believe counseling is necessary to solve my problems.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. I believe the work I do with my counselor will help me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. I think my counselor can help me.	Strongly Disagree	Disagree	Agree	Strongly Agree

Please see page 2 →

Please complete the next 7 items below.

A	1. If I skip a counseling appointment, I might fall behind.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I am on time for appointments with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. I make sure I get to my appointments with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. Counseling is convenient for me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. I tell my counselor about things that get in the way of me coming to counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. I am able to attend appointments even when there are other important things going on in my life.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. Things do not get in the way of me attending appointments.	Strongly Disagree	Disagree	Agree	Strongly Agree

Please complete the next 7 items below.

C	1. I know what we are working on in counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. What we are doing in counseling makes sense to me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. There is a clear purpose to each counseling session.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. The work I do with my counselor fits with my goals.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. My counselor measures if I am getting better.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. I understand what I am supposed to do in counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. The counseling I receive is right for me.	Strongly Disagree	Disagree	Agree	Strongly Agree

Please complete the next 7 items below.

H	1. I actively participate during appointments with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I enjoy practicing new things with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. Counseling requires a manageable amount of work.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. When I learn something new in counseling, I try to use it right away at home or at school.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. My counselor shows me how to do a skill and then helps me try it out.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. If I try a new skill and it doesn't go well, I make sure to try again.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. I follow my counselor's suggestions.	Strongly Disagree	Disagree	Agree	Strongly Agree