

My Thought About Therapy - List of Items and Responses

These items are intended to allow a BHS to read aloud as the student completes the survey online.

Do not distribute this form for students to complete on paper.

Item	Response Options				
1 I like meeting with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
2 I feel like I can tell my counselor anything.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
3 My counselor understands my culture and values.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
4 I feel like I am part of a team with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
5 I feel comfortable asking my counselor questions or raising concerns about counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
6 My counselor respects my opinions.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
7 I help decide what we work on together.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
8 The effort I put into counseling will pay off for me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
9 I believe my counselor knows how to help other people who are like me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
10 I've never had a bad experience with counseling in the past.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
11 It's OK if family or friends know I meet with a counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
12 I believe counseling is necessary to solve my problems.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
13 I believe the work I do with my counselor will help me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
14 I think my counselor can help me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
15 If I skip a counseling appointment, I might fall behind.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
16 I am on time for appointments with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
17 I make sure I get to my appointments with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
18 Counseling is convenient for me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
19 I tell my counselor about things that get in the way of me coming to counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
20 I am able to attend appointments even when there are other important things going on in my life.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
21 Things do not get in the way of me attending appointments.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer

22 I know what we are working on in counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
23 What we are doing in counseling makes sense to me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
24 There is a clear purpose to each counseling session.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
25 The work I do with my counselor fits with my goals.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
26 My counselor measures if I am getting better.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
27 I understand what I am supposed to do in counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
28 The counseling I receive is right for me.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
29 I actively participate during appointments with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
30 I enjoy practicing new things with my counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
31 Counseling requires a manageable amount of work.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
32 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	Prefer Not to Answer
33 My counselor shows me how to do a skill and then helps me try it out.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
34 If I try a new skill and it doesn't go well, I make sure to try again.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer
35 I follow my counselor's suggestions.	Strongly Disagree	Disagree	Agree	Strongly Agree	Prefer Not to Answer

*** Note that after item 35, there are 3-4 additional questions for the student to complete, and then they are finished.**