**Working Alliance Inventory – Short Revised (WAI-SR)**

Instructions: Below is a list of statements and questions about experiences people might have with their therapy or therapist. Some items refer directly to your therapist with an underlined space -- as you read the sentences, mentally insert the name of your therapist in place of 'My therapist" in the text. Think about your experience in therapy, and decide which category best describes your own experience.

IMPORTANT!!! Please take your time to consider each question carefully.

**1. As a result of these sessions I am clearer as to how I might be able to change.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**2. What I am doing in therapy gives me new ways of looking at my problem.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**3. I believe my therapist likes me.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**4. My therapist and I collaborate on setting goals for my therapy.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**5. My therapist and I respect each other.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**6. My therapist and I are working towards mutually agreed upon goals.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**7. I feel that my therapist appreciates me.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**8. My therapist and I agree on what is important for me to work on.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**9. I feel that my therapist cares about me even when I do things that he/she does not approve of.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**10. I feel that the things I do in therapy will help me to accomplish the changes that I want.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**11. My therapist and I have established a good understanding of the kind of changes that would be**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

**12. I believe the way we are working with my problem is correct.**

****Seldom ****Sometimes ****Fairly ****Often ****Very Often ****Always

*Note: Items copyright © Adam Horvath.*

*Goal Items: 4, 6, 8, 11. Task Items: 1, 2, 10, 12 Bond Items: 3, 5, 7, 9*

**Scoring**

Likert scale from 1 (Seldom) to 5 (Always).

For score add up the individual scores.

Higher scores indicate a stronger therapeutic alliance.