

This scale will help us understand you better. Please indicate to what extent you agree or disagree with each of the following statements by circling a number.

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.	My problems will eventually go away on their own.	1	2	3	4	5
2.	I don't have much desire to work hard in therapy.	1	2	3	4	5
3.	I will have no trouble being completely honest and open with the therapist.	1	2	3	4	5
4.	My problems make me very unhappy.	1	2	3	4	5
5.	Even if it's hard for me to do some things in therapy, I will stick with it to the end.	1	2	3	4	5
6.	In between sessions, I will work hard at the things I learn in therapy.	1	2	3	4	5
7.	My problems make me feel ashamed.	1	2	3	4	5
8.	It will be too painful to tell the therapist everything about my problems.	1	2	3	4	5
9.	My problems cause me much distress.	1	2	3	4	5
10.	There are some things about me that I don't want the therapist to know.	1	2	3	4	5
11.	Even if therapy makes me uncomfortable, I will continue with it.	1	2	3	4	5
12.	Although I have some problems, there is no urgent need to fix them.	1	2	3	4	5
13.	Honestly, I don't think that I can benefit much from therapy.	1	2	3	4	5
14.	Therapy will work best if I work hard at cooperating with my therapist.	1	2	3	4	5

15.	I will be able to talk freely about my problems with the therapist.	1	2	3	4	5
16.	I need to start working on my problems immediately.	1	2	3	4	5
17.	My problems don't bother me much.	1	2	3	4	5
18.	I can endure discomfort in therapy because I know it will help me in the long run.	1	2	3	4	5
19.	I will be able to discuss anything in my personal life with the therapist.	1	2	3	4	5
20.	My problems interfere greatly with my wellbeing.	1	2	3	4	5

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