

Therapist report

Please read the following statements carefully and indicate your experience of the last five sessions concerning each statement. Pick the category that matches your experience best.

		<i>not at all</i>						<i>very strong</i>
1. I have given my patient everyday practical advice on how to overcome his/her difficulties.	m	1	2	3	4	5	6	7
2. I view my patient as a competent partner.	a	1	2	3	4	5	6	7
3. My patient was emotionally involved.	p	1	2	3	4	5	6	7
4. I was able to communicate to my patient that I accept him/her the way he/she is.	a	1	2	3	4	5	6	7
5. My patient tried new behavior patterns.	m	1	2	3	4	5	6	7
6. I supported my patient in overcoming his/her difficulties.	m	1	2	3	4	5	6	7
7. I was able to communicate to my patient that I am interested in how he/she is feeling.	a	1	2	3	4	5	6	7
8. My patient has learned new possibilities how to behave.	m	1	2	3	4	5	6	7
9. The therapy supports my patient in seeing his/her strengths and abilities.	p	1	2	3	4	5	6	7
10. My patient feels accepted by me.	a	1	2	3	4	5	6	7
11. My patient sees his/her difficulties from a new point of view.	p	1	2	3	4	5	6	7
12. My patient is able to view his/her problem in a differentiated light.	p	1	2	3	4	5	6	7
13. My patient feels understood by me.	a	1	2	3	4	5	6	7
14. My patient has changed things.	m	1	2	3	4	5	6	7
15. My patient has insight into his/her person and difficulties.	p	1	2	3	4	5	6	7

Note. Items were answered in the presented order; m = mastery experience; a = alliance; p = problem activation.

Patient report

Please read the following statements carefully and indicate your experience of the last five sessions concerning each statement. Pick the category that matches your experience best. Please keep in mind that only reliable answers can be helpful for your therapist.

		<i>not at all</i>						<i>very strong</i>
1. I have received everyday practical advice to overcome my difficulties.	m	1	2	3	4	5	6	7
2. My therapist views me as a competent partner.	a	1	2	3	4	5	6	7
3. I was emotionally involved.	p	1	2	3	4	5	6	7
4. My therapist accepts me the way I am.	a	1	2	3	4	5	6	7
5. I tried new behavior patterns.	m	1	2	3	4	5	6	7
6. I have received support in overcoming my difficulties.	m	1	2	3	4	5	6	7
7. My therapist is interested in how I am feeling.	a	1	2	3	4	5	6	7
8. I have learned new possibilities how to behave.	m	1	2	3	4	5	6	7
9. The therapy supports me in seeing my strengths and abilities.	p	1	2	3	4	5	6	7
10. I feel accepted by my therapist.	a	1	2	3	4	5	6	7
11. I see my difficulties from a new point of view.	p	1	2	3	4	5	6	7
12. I have succeeded in seeing my problem in a differentiated light.	p	1	2	3	4	5	6	7
13. I feel understood by my therapist.	a	1	2	3	4	5	6	7
14. I have changed things.	m	1	2	3	4	5	6	7
15. I have gained insight into myself as a person and my difficulties.	p	1	2	3	4	5	6	7

Note. Items were answered in the presented order; m = mastery experience; a = alliance; p = problem activation.