

## **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 \_\_\_\_\_ 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.**

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

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

⑤	④	③	②	①
Always	Very Often	Fairly Often	Sometimes	Seldom

**3. I believe \_\_\_\_\_ likes me.**

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

**4. \_\_\_\_\_ and I collaborate on setting goals for my therapy.**

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

**5. \_\_\_\_\_ and I respect each other.**

⑤	④	③	②	①
Always	Very Often	Fairly Often	Sometimes	Seldom

**6. \_\_\_\_\_ and I are working towards mutually agreed upon goals.**

⑤	④	③	②	①
Always	Very Often	Fairly Often	Sometimes	Seldom

**7. I feel that \_\_\_\_\_ appreciates me.**

①	②	③	④	⑤
Seldom	Sometimes	Fairly Often	Very Often	Always

**8. \_\_\_\_\_ and I agree on what is important for me to work on.**

⑤	④	③	②	①
Always	Very Often	Fairly Often	Sometimes	Seldom

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

①	②	③	④	⑤
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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.**

⑤                  ④                  ③                  ②                  ①  
Always      Very Often      Fairly Often      Sometimes      Seldom

**11. \_\_\_\_\_ and I have established a good understanding of the kind of changes that would be good for me.**

⑤                  ④                  ③                  ②                  ①  
Always      Very Often      Fairly Often      Sometimes      Seldom

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

①                  ②                  ③                  ④                  ⑤  
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**