

# What I Want from Therapy

Name \_\_\_\_\_

Therapy offers many things, all of which are often considered important for growth or healing to occur. Below are several possible reasons you may be seeking therapy. Please mark each statement according to your desires for your current therapy investment using the scale below.

| Definitely want   |   | Maybe |   | Definitely don't want | Don't know |    |
|---|---|-------|---|-----------------------|------------|----|
| 1   | 2 | 3     | 4 | 5                     | DK         |    |
| I want insight into why things are as they are.                   | 1 | 2     | 3 | 4                     | 5          | DK |
| I want insight into how to change things in my life.              | 1 | 2     | 3 | 4                     | 5          | DK |
| I want a vision of the future possibilities for myself.           | 1 | 2     | 3 | 4                     | 5          | DK |
| I want skills and tools for managing my life.                     | 1 | 2     | 3 | 4                     | 5          | DK |
| I want advice for managing my life.                               | 1 | 2     | 3 | 4                     | 5          | DK |
| I want someone to listen and attend to my feelings.               | 1 | 2     | 3 | 4                     | 5          | DK |
| I want someone to listen and attend to my ideas.                  | 1 | 2     | 3 | 4                     | 5          | DK |
| I want support and connection with a caring and objective person. | 1 | 2     | 3 | 4                     | 5          | DK |
| I want someone to encourage me to make the changes I need.        | 1 | 2     | 3 | 4                     | 5          | DK |
| I want to be pushed to make changes in my life.                   | 1 | 2     | 3 | 4                     | 5          | DK |
| I want homework.  | 1 | 2     | 3 | 4                     | 5          | DK |
| I want ideas of books to read that might help my growth.          | 1 | 2     | 3 | 4                     | 5          | DK |