Please complete the following surveys BEFORE and AFTER the session. Please complete the survey on the back AFTER the session. Thank you!

**Brief Mood Survey**

<table>
<thead>
<tr>
<th>Item</th>
<th>Before Session</th>
<th>After Session</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How depressed do you feel right now?</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Sad or down in the dumps</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>2. Discouraged or hopeless</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>3. Low self-esteem, inferiority, worthlessness</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>4. Loss of motivation to do things</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5. Loss of pleasure or satisfaction in life</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>3</td>
<td>0</td>
</tr>
</tbody>
</table>

**Suicidal urges:** Do you sometimes

<table>
<thead>
<tr>
<th>Item</th>
<th>Before Session</th>
<th>After Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feel like you'd be better off dead?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>2. Have suicidal thoughts or fantasies?</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>3. Have urges or plans to end your life?</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**How anxious do you feel right now?**

<table>
<thead>
<tr>
<th>Item</th>
<th>Before Session</th>
<th>After Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Anxious</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>2. Frightened</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>3. Worrying about things</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>4. Tense or on edge</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5. Nervous</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>8</td>
<td>1</td>
</tr>
</tbody>
</table>

**How angry do you feel right now?**

<table>
<thead>
<tr>
<th>Item</th>
<th>Before Session</th>
<th>After Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Frustrated</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>2. Annoyed</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>3. Resentful</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>4. Angry</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5. Irritated</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>0</td>
</tr>
</tbody>
</table>

**Happiness**

<table>
<thead>
<tr>
<th>Item</th>
<th>Before Session</th>
<th>After Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Happy and joyful</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>2. Hopeful and optimistic</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>3. Worthwhile, high self-esteem</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>4. Motivated, productive</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>5. Pleasure and satisfaction in life</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>16</td>
<td>20</td>
</tr>
</tbody>
</table>

**Relationship Satisfaction**

<table>
<thead>
<tr>
<th>Item</th>
<th>Before Session</th>
<th>After Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Communication and openness</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>2. Resolving conflicts</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>3. Degree of affection and caring</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>4. Intimacy and closeness</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>5. Overall satisfaction</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>30</td>
<td>30</td>
</tr>
</tbody>
</table>

How much psychotherapy homework have you done since your last session? (✓)

- None
- A little
- A moderate amount
- A lot

X

Please fill this out AFTER the session. Thank you!

Evaluation of Therapy Session*

Instructions. Use checks (✓) to indicate how you felt about your most recent therapy session.

Please answer all the items.

<table>
<thead>
<tr>
<th>Therapeutic Empathy</th>
<th>0–Not at all true</th>
<th>1–Somewhat true</th>
<th>2–Moderately true</th>
<th>3–Very true</th>
<th>4–Completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My therapist seemed warm, supportive, and concerned.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. My therapist seemed trustworthy.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. My therapist treated me with respect.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. My therapist did a good job of listening.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. My therapist understood how I felt inside.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total ➔</strong> 20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Helpfulness of the Session

<table>
<thead>
<tr>
<th></th>
<th>0–Not at all true</th>
<th>1–Somewhat true</th>
<th>2–Moderately true</th>
<th>3–Very true</th>
<th>4–Completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. I was able to express my feelings during the session.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I talked about the problems that are bothering me.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. The techniques we used were helpful.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. The approach my therapist used made sense.</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. I learned some new ways to deal with my problems.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total ➔</strong> 20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Satisfaction with Today’s Session

<table>
<thead>
<tr>
<th></th>
<th>0–Not at all true</th>
<th>1–Somewhat true</th>
<th>2–Moderately true</th>
<th>3–Very true</th>
<th>4–Completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. I believe the session was helpful to me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Overall, I was satisfied with today’s session.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total ➔</strong> 8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your Commitment

<table>
<thead>
<tr>
<th></th>
<th>0–Not at all true</th>
<th>1–Somewhat true</th>
<th>2–Moderately true</th>
<th>3–Very true</th>
<th>4–Completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>13. I plan to do therapy homework before the next session.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>14. I intend to use what I learned in today’s session.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total ➔</strong> 8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Negative Feelings During the Session

<table>
<thead>
<tr>
<th></th>
<th>0–Not at all true</th>
<th>1–Somewhat true</th>
<th>2–Moderately true</th>
<th>3–Very true</th>
<th>4–Completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>15. At times, my therapist didn’t seem to understand how I felt.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>16. At times, I felt uncomfortable during the session.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>17. I didn’t always agree with my therapist.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total ➔</strong> 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Difficulties with the Questions

<table>
<thead>
<tr>
<th></th>
<th>0–Not at all true</th>
<th>1–Somewhat true</th>
<th>2–Moderately true</th>
<th>3–Very true</th>
<th>4–Completely true</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. It was hard to answer some of these survey questions honestly.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>19. Sometimes my survey answers didn’t show how I really felt inside.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>20. It would be too upsetting for me to criticize my therapist.</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Total ➔</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What did you like the least about the session? Telling David during the Interpersonal Downward Arrow that I thought he was judging me—that was difficult to admit.

What did you like the best about the session? Listening to David describe his feelings.