

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.

0-Not at all true	1-Somewhat true	2-Moderately true	3-Very true	4-Completely true
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Therapeutic Empathy

1. My therapist seemed warm, supportive, and concerned.					X
2. My therapist seemed trustworthy.					X
3. My therapist treated me with respect.					X
4. My therapist did a good job of listening.					X
5. My therapist understood how I felt inside.					X
Total →					20

Helpfulness of the Session

6. I was able to express my feelings during the session.					X
7. I talked about the problems that are bothering me.					X
8. The techniques we used were helpful.					X
9. The approach my therapist used made sense.					X
10. I learned some new ways to deal with my problems.					X
Total →					20

Satisfaction with Today's Session

11. I believe the session was helpful to me.					X
12. Overall, I was satisfied with today's session.					X
Total →					8

Your Commitment

13. I plan to do therapy homework before the next session.					X
14. I intend to use what I learned in today's session.					X
Total →					8

Negative Feelings During the Session

15. At times, my therapist didn't seem to understand how I felt.	X				
16. At times, I felt uncomfortable during the session.	X				
17. I didn't always agree with my therapist.	X				
Total →					0

Difficulties with the Questions

18. It was hard to answer some of these survey questions honestly.	X				
19. Sometimes my survey answers didn't show how I really felt inside.	X				
20. It would be too upsetting for me to criticize my therapist.	X				
Total →					0

What did you like **the least** about the session? It was very nerve wracking at first. [I also felt bad that I criticized another podcast episode -- so I cut those comments out of the recording.]

What did you like **the best** about the session? The warmth I felt from David and Matt, the positive reframe, the double standard technique, and going back and forth until we reached huge on the thought "I don't matter."