

CHECK LIST OF PSYCHOTHERAPY TRANSACTIONS

(Client Rating Form: R)

DIRECTIONS. The following pages contain lists of actions that can occur in psychotherapy sessions. Your task is to check each item which accurately describes an action exhibited by the client whom you have just observed.

Make your judgments about occurrence of client actions solely on the basis of the sample of psychotherapy you just observed. Check only those items which describe client actions that occurred "live" in the sessions with the therapist.

In order to receive a check, the action described by a particular item must have occurred at least once during the sample you observed, but it need not occur more than once. If an item describes an action that did not occur in the sample you observed, leave that item blank.

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WHEN WITH THE THERAPIST, THE CLIENT . . .

- _____ 1. is quick to take charge of the conversation or discussion, or to offer suggestions about what needs to be done
- _____ 2. is hesitant to express approval or acceptance of the therapist
- _____ 3. is careful not to let his or her feelings show clearly; or speaks undemonstratively, with little variation in tone or manner
- _____ 4. finds it difficult to take the initiative; or looks to the therapist for direction or focus; or shows a desire to do "whatever you want"
- _____ 5. is receptive and cooperative to the therapist's requests, directions, appeals, or wishes; or is quick to assist or work together with the therapist
- _____ 6. expresses pleasure in self; or comments on own accomplishments, awards, or successes
- _____ 7. scans carefully to detect any of the therapist's reactions, evaluations, or motives that might have a harmful intent
- _____ 8. shows little attention, interest, curiosity, or inquisitiveness about the therapist's personal life, affairs, feelings, or opinions
- _____ 9. waits for or follows the therapist's lead regarding topics or issues to discuss, directions or actions to pursue
- _____ 10. is quick to express approval or acceptance of the therapist
- _____ 11. speaks or acts emotionally or melodramatically, or with much variation in tone or manner
- _____ 12. shows an intense task focus or desire to "get down to business"; or suggests directions or objectives
- _____ 13. is quick to resist, not cooperate, or refuse to comply with the therapist's requests, directions, appeals, or wishes
- _____ 14. makes self-critical statements; or expresses low self-worth; or apologizes frequently
- _____ 15. gazes at the therapist in an open, receptive, trusting, or nonsearching manner
- _____ 16. inquires into or expresses attention, interest, or curiosity about the therapist's personal life, affairs, feelings, or opinions

WHEN WITH THE THERAPIST, THE CLIENT. . .

- _____ 17. dominates the flow of conversation or changes the topic, or interrupts and "talks down" the therapist
- _____ 18. avoids at any cost showing affection, warmth, or approval
- _____ 19. endlessly prefaces or qualifies statements to the place where points being made get lost, or views or positions are unclear or ambiguous
- _____ 20. goes out of way to give the therapist credit for contributions, or to admire or praise the therapist for good ideas or suggestions
- _____ 21. inconveniences self or sacrifices to contribute, help, assist, or work cooperatively with the therapist
- _____ 22. is cocky about own positions or decisions; or makes it abundantly clear s/he can do things by self; or avoids any hint that the therapist can help
- _____ 23. expresses doubt, mistrust, or disbelief regarding the therapist's intentions or motives
- _____ 24. refrains at all costs from close visual or physical contact or direct body orientation with the therapist
- _____ 25. finds it almost impossible to take the lead, or to initiate or change the topic of discussion
- _____ 26. constantly expresses approval, affection, or effusive warmth to the therapist
- _____ 27. makes startling or "loaded" comments; or takes liberties with facts to embellish stories
- _____ 28. works hard to avoid giving the therapist credit for any contribution; or implies or claims that good ideas or suggestions were his/her own
- _____ 29. is openly antagonistic, oppositional, or obstructive to the therapist's statements, suggestions, or purposes
- _____ 30. is hesitant or embarrassed to express his or her opinions; or conducts self in an unsure, unconfident, or uneasy manner
- _____ 31. responds openly, candidly, or revealingly to the point of "telling all"
- _____ 32. continually stands, sits, moves or leans toward the therapist to be physically close

WHEN WITH THE THERAPIST, THE CLIENT. . .

- _____ 33. expresses firm, strong personal preferences; or stands up for own opinions or positions
- _____ 34. acts in a stiff, formal, unfeeling, or evaluative manner
- _____ 35. finds it difficult to express his or her thoughts simply or without qualifications; or works hard to find precise words to express his or her thoughts
- _____ 36. is content, unquestioning, or approving about the focus or direction of a given topic of discussion or course of action; or is quick to follow the therapist's lead
- _____ 37. expresses appreciation, delight, or satisfaction about the therapist, their situation, or their task
- _____ 38. prefers to rely on own resources to make decisions or solve problems
- _____ 39. claims that the therapist misunderstands, misinterprets, or misjudges his/her intents or actions
- _____ 40. remains aloof, distant, remote, or stand-offish from the therapist
- _____ 41. claims s/he doesn't have an opinion, preference, or position, or that "it doesn't matter," "whatever you want," "I don't know," etc.
- _____ 42. acts in a relaxed, informal, warm, or nonjudgmental manner
- _____ 43. makes comments or replies that "pop out" quickly and energetically
- _____ 44. questions or expresses reservation or disagreement about the focus or direction of the conversation or course of action
- _____ 45. grumbles, gripes, nags, or complains about the therapist, their situation, or their task
- _____ 46. readily asks the therapist for advice, help, or counsel
- _____ 47. communicates that the therapist is sympathetic or fair in interpreting or judging his/her intents or actions
- _____ 48. is absorbed in, attentive to, or concentrates intensely on what the therapist says or does

WHEN WITH THE THERAPIST, THE CLIENT. . .

- _____ 49. states preferences, opinions, or positions in a dogmatic or unyielding manner
- _____ 50. has absolutely no room for sympathy, compromise, or mercy regarding the therapist's mistakes, weaknesses, or misconduct
- _____ 51. "talks around" or hedges on evaluations of the therapist, events, or objects; or constantly minimizes expressions of his or her feelings
- _____ 52. makes statements that are deferentially, softly, or carefully presented as if s/he desperately wants to avoid any implication of disapproval, criticism, or disagreement
- _____ 53. seems always to agree with or accommodate the therapist; or seems impossible to rile
- _____ 54. brags about achievements, successes, or good-fortune; or "puts on airs" as if in complete control of his/her life
- _____ 55. expresses harsh judgment, "never forgetting," or no forgiveness for the therapist's mistakes, weaknesses, or injurious actions
- _____ 56. seems constantly uncomfortable with the therapist as if s/he wants to leave or be by self
- _____ 57. expresses own preferences hesitantly or weakly; or yields easily to the therapist's viewpoints; or backs down quickly when the therapist questions or disagrees
- _____ 58. goes out of way to understand or be sympathetic towards the therapist, or to find something about the therapist to approve of, endorse or support
- _____ 59. constantly overstates evaluations of the therapist, events, or objects; or exaggerates expression of his/her feelings
- _____ 60. makes comments that avoid sharing credit with the therapist for good happenings or joint accomplishments; or "plays up" own contributions
- _____ 61. argumentatively challenges or refutes the therapist's statements or suggestions; or "tells the therapist off," "lets the therapist have it" when disagrees
- _____ 62. claims s/he is a constant failure, or is helpless, witless, or at the mercy of events and circumstances
- _____ 63. expresses unbending sympathy, understanding, or forgiveness for the therapist's hurtful or injurious actions
- _____ 64. finds it difficult to leave the therapist; or goes out of way to secure more and more of the therapist's company

WHEN WITH THE THERAPIST, THE CLIENT. . .

- _____ 65. seizes opportunities to instruct or explain things, or to give advice
- _____ 66. expresses stringent, exacting, rigorous standards or expectations of the therapist
- _____ 67. delays giving clear answers or postpones decisions; or deliberates carefully before speaking or acting
- _____ 68. makes comments that give the therapist credit for any good happenings or joint accomplishments; or points out the therapist's contributions while "playing down" his or her own
- _____ 69. is attentive to, considerate or solicitous of the therapist's feelings, or sensitive to pressures or stresses in the therapist's life
- _____ 70. expresses his or her opinions with conviction and ease; or conducts self in a confident, assured, and unruffled manner
- _____ 71. in response to the therapist's inquiries or probings, acts evasively as if hiding important secrets
- _____ 72. is slow to respond or speak to the therapist; or seems distracted by own thoughts
- _____ 73. is quick to agree with the therapist's opinions or to comply with the therapist's directions or preferences
- _____ 74. expresses lenient, soft-hearted, or compassionate standards or expectations of the therapist
- _____ 75. makes hasty decisions; or jumps into new activities with little premeditation
- _____ 76. challenges or disputes the therapist's ideas or statements; or attempts to get the better of the therapist or put the therapist down
- _____ 77. ignores, overlooks, or is inconsiderate of the therapist's feelings; or disregards pressures or stresses in the therapist's life
- _____ 78. urgently solicits the therapist's advice, help, or counsel even for everyday troubles or difficulties
- _____ 79. shows trust in or reliance on the therapist's good intentions or motives; or casts the therapist's behavior in the best possible "light"
- _____ 80. is careful to acknowledge and be responsive to the therapist's statements and actions

WHEN WITH THE THERAPIST, THE CLIENT. . .

- _____ 81. overwhelms or "steamrolls" the therapist by his/her arguments, positions, preferences, or actions
- _____ 82. expresses severe, inflexible, or uncompromising expectations for the therapist's conduct
- _____ 83. endlessly avoids or delays clear answers, decisions, actions, or commitment to positions
- _____ 84. makes flattering or glowing comments about the therapist, their situation, or their joint task
- _____ 85. makes unconditionally supportive, encouraging, endorsing, comforting, or bolstering comments to the therapist
- _____ 86. acts as if excessively "full of self," or as feeling special or favored, or as cocksure of his/her future
- _____ 87. is bitterly accusatory, suspicious, or disbelieving of the therapist
- _____ 88. seems totally unmoved, unaffected, or untouched by the therapist's comments or actions
- _____ 89. seems unable to assert what s/he wants, or to stand up to the therapist, or to take any opposing position
- _____ 90. is unwaveringly tolerant, patient, or lenient in regard to his/her expectations for the therapist's conduct
- _____ 91. seems compelled to act out feelings with the therapist, or impulsively to jump into new actions or activities
- _____ 92. makes critical, demeaning, snide, or derisive statements about the therapist, their situation, or their joint task
- _____ 93. swears at the therapist; or makes abusing, disparaging, damaging, or crude comments to the therapist
- _____ 94. is constantly dissatisfied with self, guilty or depressed; or feels hopeless about the future
- _____ 95. shows blind faith or polyannish trust in the therapist, or believes almost anything the therapist says
- _____ 96. seems totally engrossed in the therapist; or is constantly moved, affected, or responsive to the therapist's comments or actions