

SOFTA-s (client) Individual therapy

Evaluate the following phrases and indicate your level of agreement by circling the appropriate number:

	Not at all	A little	Moderately	A lot	Very Much
1. What happens in therapy can solve my problems.	1	2	3	4	5
2. The therapist understands me.	1	2	3	4	5
3. The therapy sessions help me open up (share my feelings, try new things...).	1	2	3	4	5
4. It is hard for me to discuss with the therapist what we should work on in therapy.	1	2	3	4	5
5. The therapist is doing everything possible to help me.	1	2	3	4	5
6. I feel comfortable and relaxed in the therapy sessions.	1	2	3	4	5
7. The therapist and I work together as a team.	1	2	3	4	5
8. The therapist has become an important person in my life.	1	2	3	4	5
9. There are some topics I am afraid to discuss in therapy.	1	2	3	4	5
10. I understand what is being done in therapy.	1	2	3	4	5
11. The therapist lacks the knowledge and skills to help me.	1	2	3	4	5
12. At times I feel on the defensive in therapy.	1	2	3	4	5

SCORING GUIDE

ENGAGEMENT IN THE PROCESS	
ITEM #	SCORE
1	
*4	
7	
10	
TOTAL	
EMOTIONAL CONNECTION	
2	
5	
8	
*11	
TOTAL	
SAFETY	
3	
6	
*9	
*12	
TOTAL	
TOTAL SCORE	

*** Items with asterisks (5, 11, 12, 14 and 15) must be inversely scored, so that:**

If the client marks 5 ⇒ the score should be 1.

4 ⇒ the score should be 2.

3 ⇒ the score should be 3.

2 ⇒ the score should be 4.

1 ⇒ the score should be 5.