

**SESSION REACTIONS SCALE-3**  
(05/2022)

Therapist \_\_\_\_\_ Client ID \_\_\_\_\_

Date \_\_\_\_\_ Session \_\_\_\_\_

Take a moment to think back over the **most recent therapy session** you have completed and what you got from it. Please compare your sense of this session to each of the following descriptions to rate how well they fit, based on the words in each item that fit your experience best. It is important to note that **not every** item will be rated high (or low) because each session is unique and the reactions to sessions are different.

**Please circle the appropriate number for each item:**

<b>As a result of my <u>MOST RECENT SESSION</u>:</b>	<b>Not at All</b>	<b>Slightly</b>	<b>Somewhat</b>	<b>Pretty Much</b>	<b>Very Much</b>
1. I could see things <b>from another person's perspective</b> .	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
2. I feel <b>uncomfortable</b> doing what my therapist is suggesting for me to do.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
3. I have become <b>clearer about the problems or goals</b> for me to work on.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
4. I feel a <b>lack of direction or guidance</b> from my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
5. I have come to better <b>understand myself</b> or my feelings or actions.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
6. I feel more <b>distanced</b> from certain feelings, thoughts, or memories.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
7. I feel <b>supported, reassured, or protected</b> by my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
8. I have come to <b>understand why some people</b> behaved or felt a certain way.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9. I feel <b>stuck, blocked, or unable to progress</b> in therapy.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10. I feel emotionally <b>relieved or less burdened</b> .	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
11. I feel <b>close to my therapist</b> .	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
12. I feel a <b>lack of support</b> from my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
13. I feel truly <b>understood</b> by my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
14. I became more <b>aware or clearer about other people</b> or external things that influence me.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
15. Now I feel <b>worse</b> than when I started the session (for example, scared, overwhelmed, depressed, anxious, sad, or embarrassed).	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
16. I am more <b>aware or clearer about my feelings, thoughts, or memories</b> .	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Please turn over**

<b>As a result of my <u>MOST RECENT SESSION</u>:</b>	<b>Not at All</b>	<b>Slightly</b>	<b>Somewhat</b>	<b>Pretty Much</b>	<b>Very Much</b>
17. I feel <b>somewhat misunderstood</b> by my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
18. I feel more <b>positively or hopeful about another</b> person(s).	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
19. I feel personally <b>invested</b> in what I need to do in therapy to achieve my goals.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
20. I feel more <b>empowered, hopeful, or positive</b> about myself.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
21. I am more <b>bothered</b> by unpleasant thoughts, feelings, or memories.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
22. I made <b>progress towards knowing what to do</b> about my problems.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
23. I feel like <b>withholding</b> some of my thoughts, feelings, or reactions from my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
24. I have <b>accepted</b> some aspects of myself or my situation more than before.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
25. I feel <b>less warm or more distant</b> from my therapist.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
26. I became more <b>aware of the accomplishments</b> I have made in therapy so far.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
27. I feel <b>distracted</b> from what is important for me to work on in therapy.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
28. I feel I have improved my <b>skills</b> or learned new <b>strategies</b> to cope with my problems.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
29. I feel <b>I am failing to follow</b> my therapist's instructions and advice.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
30. I became <b>emotional</b> about certain topics.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
31. I feel my therapist is trying things that <b>don't quite fit me</b> .	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
32. Please describe and rate <b>any other reactions</b> you might have had to this session:_____	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>