

# SESSION RATING

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Name \_\_\_\_\_ Date \_\_\_\_\_

Coaching is a cooperative relationship. Please rate today's session. Be honest and frank, to be the most helpful to your counselor. In this survey "therapist" or "counselor" mean the person you worked with today to help address your concerns. Read each set of descriptions. Circle the number that best describes your reaction, from 0 to 4. Use the rating system below:

**AGREE WITH THIS SIDE**      **NEUTRAL**      **AGREE WITH THIS SIDE.**  
4                      3                      2                      1                      0

(Under each set of statements, circle the number that best describes your feelings about today's session)

## 1. ACCEPTANCE & LIKING

I felt accepted and liked by my counselor.

I felt criticized or judged; my counselor didn't seem to like me.

4                      3                      2                      1

0

## 2. UNDERSTANDING

My therapist understood me and my goals and feelings.

My therapist didn't understand me, my goals or my feelings.

4                      3                      2                      1

0

## 3. HONESTY AND SINCERITY

My counselor was honest and sincere.

My counselor was not sincere, was pretending.

4                      3                      2                      1

0

## 4. AGREEMENT ON GOALS

We worked on my goals; my goals were important.

We worked on my therapist's goals for me; My goals didn't seem important.

4                      3                      2                      1

0

## 5. AGREEMENT ON TASKS

I approved of the things we did in the session or what I was asked to do for homework.

I didn't like what we did in today's session or what I was asked to do for homework.

4                      3                      2                      1

0

## 6. HELPFULNESS, USEFULNESS

I found the session helpful

The session was not helpful

4                      3                      2                      1

0

## 7. HOPE

I felt hopeful after the session

I felt hopeless after the session.

4                      3                      2                      1

0

***One more thing: What could help the next session go better?***