

Therapy Personalisation Form

On each of the following scales, indicate any preferences you may have for how you would like your counsellor to work with you. Circle the number in the scale with 5 being a very strong preference in that direction and 1 showing only a slight preference. If you do not know or feel neutral about this, circle 0.

I would like my counsellor to....

Focus on my past

Focus on my future

5	4	3	2	1	0	1	2	3	4	5
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Give me advice

Not give me advice

5	4	3	2	1	0	1	2	3	4	5
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Be challenging

Be gentle

5	4	3	2	1	0	1	2	3	4	5
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Focus on my goals

Not focus on the goals too heavily

5	4	3	2	1	0	1	2	3	4	5
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Give me homework

Not give me homework

5	4	3	2	1	0	1	2	3	4	5
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Not interrupt me

Interrupt and keep me focused

5	4	3	2	1	0	1	2	3	4	5
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Challenge my views

Not challenge my views

5	4	3	2	1	0	1	2	3	4	5
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Focus on my current issues

Focus on the underlying issues

5	4	3	2	1	0	1	2	3	4	5
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Allow silence

Not allow silence

5	4	3	2	1	0	1	2	3	4	5
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Be informal and relaxed

Be formal

5	4	3	2	1	0	1	2	3	4	5
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