

## Beliefs About Psychotherapy

Please **circle** the degree to which you personally AGREE or DISAGREE with each statement.

1. Therapy is ineffective for most people

5 ..... 4 ..... 3 ..... 2 ..... 1  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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2. Therapy patients are wasting money.

5 ..... 4 ..... 3 ..... 2 ..... 1  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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3. Therapy often harms the patient's relationships with other people.

5 ..... 4 ..... 3 ..... 2 ..... 1  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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4. Being in therapy is a sign of weakness.

5 ..... 4 ..... 3 ..... 2 ..... 1  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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5. Therapy offers patients new and beneficial perspectives.

1 ..... 2 ..... 3 ..... 4 ..... 5  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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6. Therapy is unhealthy because patients usually become dependent on their relationships with the therapist.

5 ..... 4 ..... 3 ..... 2 ..... 1  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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7. Therapy can help individuals overcome stressful life events.

1 ..... 2 ..... 3 ..... 4 ..... 5  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE

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8. Therapy can be a healthy experience for anyone.

1 ..... 2 ..... 3 ..... 4 ..... 5  
Strongly DISAGREE DISAGREE Neutral AGREE Strongly AGREE