

# Therapist Qualities

## WHAT KIND OF THERAPIST DO YOU PREFER?

Instructions: Use the rating scale to identify how much of each quality you think would be helpful for you. Use this sheet to talk to with your therapist about the approach you would be most comfortable with.

### RATE YOUR PREFERENCES

Mostly listen

Lead the conversation



Help me discover it myself

Tell it to me straight



Understand me

Challenge me



Relate to me

No self-disclosure



Focus on healing the past

Focus on new skills



Show me you care

Do not get emotional

