

Date: ___ / ___ / ___

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Your initials or ID _____

Session Start Time: _____ a.m./p.m.

FOCUSING-ORIENTED SESSION REPORT

On all questions, put an x for your answer at the exact point you want. Feel free to specify points between categories or extend the scales. Please add comments, if you like.

1. How do you feel about the session which you have just completed?

- THIS SESSION WAS:
- | Perfect.
 - | Excellent.
 - | Very good.
 - | Pretty good.
 - | Fair.
 - | Pretty poor.
 - | Very poor.

2. To what extent did the "doorway" to your feelings open in this session?

- | Not at all. I felt closed and guarded.
- | Slightly. At least once in the session I definitely felt something.
- | Quite a bit. At a few points, I was in touch with feelings.
- | A lot. Several times in the session, some feelings opened up.
- | Extensively. Deep feelings opened up and moved me in unexpected ways.

3. In approximately what proportions did you and the listener influence the course of the session? (i.e. decide what to talk about, change the subject, do the talking, etc.)

- | 20% listener -- 80% me
- | 40% listener -- 60% me
- | 50% listener -- 50% me
- | 60% listener -- 40% me
- | 80% listener -- 20% me

4. How well did your listener seem to understand what you were feeling and thinking this session?

- MY LISTENER...
- | Understood exactly how I thought and felt.
 - | Understood very well how I thought and felt.
 - | Understood pretty well, but there were some things he/she didn't seem to grasp.
 - | Didn't understand too well how I thought and felt.
 - | Misunderstood how I thought and felt.

5. How helpful do you feel your listener was to you this session?

- | Completely helpful.
- | Very helpful.
- | Pretty helpful.
- | Somewhat helpful.
- | Slightly helpful.
- | Not at all helpful.

6. How much did the session leave you with changed or new perspectives on the matters you talked about?

- | Extremely much Things look dramatically different to me now.
- | Very much. There has been a definite shift in my perspective.
- | Some. My view is slightly different than before the session.
- | Not much. My views are pretty much the same.
- | Not at all Everything seems just as it was.

7. To what extent do you feel you were able to talk about what was valuable for you to discuss?

- | Completely. Everything covered felt important/valuable to talk about.
- | Very much. Most of the session was very valuable to me.
- | Pretty much. Some of the discussion was very good, some so-so.
- | Somewhat. Some stretches of the session were not so useful to me.
- | Not much. We didn't talk about much of real importance to me.
- | Not at all. We talked about things of minor or no importance to me.

OVER, Please...

8. In the context of all the therapeutic conversations you've ever had (with therapists or friends), how does this one compare?

THIS SESSION WAS...

- | Terrible. It was worse than any other I have had.
- | Poor. It ranks among some of the worst I've had.
- | Below average.
- | Average. This one was comparable to many. Useful, but not great, nor was it lacking in any major way.
- | Better than average.
- | Excellent. It was one of the best I've ever had.
- | Superlative. It was better than any other I have had.

Note: there are two parts for each of the next two questions!

9. Please rate how you felt after and before the session.

a. Do you *feel* any better after this session?

- | No. I feel worse.
- | No. I feel just the same.
- | A little better, but not much.
- | Yes, there is some relief or improvement in how I feel.
- | A lot. I feel distinctly better.
- | A great deal. I *really* feel better than I did before the session.

b. How were you feeling when you came in?

- | Pretty fine.
- |
- | O.K.
- |
- | Not very well.

(column to the right for part b.)

10. Please rate the following two aspects of the emotional intensity of the session:

a. How intense was the most intense emotion you felt?

- | extremely intense
- | very intense
- | mildly intense
- | not very intense
- | not at all intense

session was spent talking about or openly expressing the most intense emotions you felt?

- | none
- | very little
- | some
- | pretty much
- | very much
- | nearly all

b. Sometimes people keep their more intense feelings

to themselves for various reasons. How much of this

11. To what extent were you able to hold an attitude of friendly curiosity toward the emotions, feelings, and thoughts you experienced during the session?

- | Not at all. I had a lot of disapproval, dislike, or self-criticism about them.
- | Barely. There were only moments of friendly curiosity.
- | Pretty much. But there were a few times I was unable to have a friendly attitude.
- | Nearly the whole time.
- | Completely. I didn't waver from friendly curiosity toward my feelings & thoughts.

12. Did the session result in your coming up with any solutions to your problems?

- | Yes.
- | Not really.
- | Definitely not.

13. Do you now have any specific actions you intend to take which will be steps forward on your issue(s)?

- | No, no actions that I can think of.
- | I have a sense of what I need to do, but it's not very specific in action terms.
- | Yes, I have a very specific picture of what action steps to take next.

14. The attitude of my listener seemed more

Evaluative |---|---|---|---|---|---| Unconditionally accepting

15. I had a sense that

I led the way |---|---|---|---|---|---| I was guided or led by my listener

16. The spirit of our relationship in this session seemed to be more like

interpersonal contact |---|---|---|---|---|---| task-oriented work on my issues

