

THERAPY ENGAGEMENT PROFILE

Name _____

Date _____

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Please respond to the statements below with the appropriate response to the right.



	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
1. I just don't see any point in going to a therapist	SA	A	NS	D	SD
2. It would be difficult for me to go because I would have to talk about things that are difficult or embarrassing	SA	A	NS	D	SD
3. I have a very difficult time trusting people	SA	A	NS	D	SD
4. I've been to a therapist before and it wasn't a good experience for me	SA	A	NS	D	SD
5. I have concerns that therapy is not private or confidential	SA	A	NS	D	SD
6. I am reluctant to go to a therapist because I am concerned others might find out	SA	A	NS	D	SD
7. I am reluctant to go because I am afraid of what I might be diagnosed with or find out about myself	SA	A	NS	D	SD
8. I would go to therapy but I don't see where I would find the time or money for it	SA	A	NS	D	SD
9. I would go to therapy but it is very difficult for me to leave my house or residence	SA	A	NS	D	SD
10. I would go to therapy but it's hard for me to find transportation	SA	A	NS	D	SD
11. I have a lot of secrets in my life	SA	A	NS	D	SD

If someone had a magic wand and they could do one thing to make my life better they would:

The most difficult thing about being me is:
