Date: ___ / ___ / ___

Session Start Time:

Your initials or ID ____

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?

a.m./ p.m.

- 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.

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!

1 1	
9. Please rate how you felt after and before the session.	
a . Do you <i>feel</i> any better after this session?	b. How were you feeling when you came in?
- No. I feel worse.	- Pretty fine.
- No. I feel just the same.	-
- A little better, but not much.	- O.K.
- Yes, there is some relief or improvement in how I feel.	-
- A lot. I feel distinctly better.	- Not very well.
- A great deal. I really feel better than I did before the ses	sion.
(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?	session was spent talking about or openly ex-
- extremely intense	pressing the most intense emotions you felt?
- very intense	- none
- mildly intense	- very little
- not very intense	- some
- not at all intense	- pretty much
b. Sometimes people keep their more intense feelings	- very much
to themselves for various reasons. How much of this	- nearly all

- 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

17.										your feelings about it?
	Completely, nuances, sub	with a otle re	ll lation-		Mediur more to	n: there it than	is I		late	much: I was unable to articu- many important things that to these concerns
18.	18. How much did you feel anxious or uptight or self-conscious related to what you might discover or reveal about yourself?									
	A great deal: I was worried in this way			At some points in the session I felt anxious about what might come out				Not and o	at all: I remained relaxed comfortable with myself	
19. To what degree were you able to observe your own feelings and experiences with neutrality, witnessing what was there without getting caught up in evaluative reactions?										
	None: I was cau in evaluative read everything I said	ght up ctions and fe	to elt		I was a most th thinkin "good'	ble to ol nings wi g of ther ' or "bac	bserve thout n as 1"		Very grou part iden	when the solidly when the solidly a solid
20.	Please rate the ex								e "unknov 	
	Not at all. It self-protecti to being cha	felt ve ve and	ry		Mec	lium			A gr defe	eat deal: I was not nsive or self-protective could surrender to new things
21.										her people in general?
	Others are mostly hostile to mePeople are pretty likable, having basic abilities, feelings, and strivings similar to mine.									
22.	Compared to ever									
	Unsafe: I felt criti- cized in many ways I felt criti- though I wasn't explicitly criticized, I feel I was being judged				More	safe th	an	Extremely safe:		
23. Please mark the spots on the rulers below which indicate how your body feels now compared to how it felt at the beginning of the session (we understand that it might have been different in the middle of the session, but please compare how your body <i>ended up</i> with how it <i>began</i>). no difference										
	more tense								more relax	xed
	calmer		·		0				more agit	ated
	more numb				0				more sen	sory awareness
s	hallower breath				0				deeper br	eathing
	warmer				0				cooler	
	reduced pain				0				increased	pain
	more solid				0				more shak	(y
	more tearful				0				less tearfi	ul
	more vulnerable				0				less vulne	erable
						- ~ -	-	_		

The End. Thank you very much! The FSR © James R. Iberg, August, '99