| Client code: | Therapist: | Date: | Session: |
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# THERAPY PERSONALISATION FORM V1.1

**On each of the scales below, please indicate any changes that you would like to see in your therapy at this point in time. Please circle the appropriate number in each case along the scale.**

**I would like my therapist to:**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. Use more techniques and exercises | | | | | Just right for me | | | | | Use less techniques and exercises |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Take more of a lead in the therapy | | | | | Just right for me | | | | | Allow me to take more of a lead in the therapy |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Show their personality and humour more | | | | | Just right for me | | | | | Be more formal |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Focus more on my past | | | | | Just right for me | | | | | Focus more on my future |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Give me more advice | | | | | Just right for me | | | | | Give me less advice |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Give more structure to the therapy | | | | | Just right for me | | | | | Allow less structure in the therapy |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Be more challenging | | | | | Just right for me | | | | | Be more gentle |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Focus on specific goals | | | | | Just right for me | | | | | Just be with me in the therapeutic relationship |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. Tell me more their thought processes about what's going on in therapy | | | | | Just right for me | | | | | Tell me less their thought processes about what's going on in therapy |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

| Client code: | Therapist: | Date: | Session: |
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| 10. Give me more 'homework' to do | | | | | Just right for me | | | | | Give me less 'homework' to do |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 11. Focus more on my feelings | | | | | Just right for me | | | | | Focus more on my thoughts and cognitions |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 12. Focus more on my strengths and abilities | | | | | Just right for me | | | | | Focus more on my problems and difficulties |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 13. Focus more on my life in the past | | | | | Just right for me | | | | | Focus more on my life in the present |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 14. Interrupt me less | | | | | Just right for me | | | | | Interrupt me more and keep me more focused |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 15. Focus more on the relationship between us | | | | | Just right for me | | | | | Focus less on the relationship between us |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 16. Be more challenging of my own beliefs and views | | | | | Just right for me | | | | | Be less challenging of my own beliefs and views |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 17. Focus more on my current issues | | | | | Just right for me | | | | | Focus more on deeper, underlying issues |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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|---|---|---|---|---|---|---|---|---|---|---|
| 18. Focus more on what they think is best for me | | | | | Just right for me | | | | | Focus more on what I think is best for me |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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| 19. Tell me more about themselves as a person | | | | | Just right for me | | | | | Tell me less about themselves as a person |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |

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|---|---|---|---|---|---|---|---|---|---|---|
| 20. Allow more silence | | | | | Just right for me | | | | | Not allow so much silence |
| 5 | 4 | 3 | 2 | 1 | 0 | 1 | 2 | 3 | 4 | 5 |