

Main Items Making up the Therapist Response Questionnaire Factors (reference 19)

Countertransference Factor	Items
1) Criticized/mistreated	I feel unappreciated by him/her I feel criticized by him/her I feel dismissed or devalued I feel I am “walking on eggshells” when with him/her and afraid that if I say the wrong thing s/he will explode, fall apart or walk out I have to stop myself from saying or doing something aggressive or critical
2) Helpless/inadequate	I feel I am failing to help him/her or I worry that I won’t be able to help him/her I feel incompetent or inadequate working with him/her I think s/he might do better with another therapist or in a different kind of therapy I feel overwhelmed by his/her needs I feel less successful helping him/her than other patients I feel anxious working with him/her I feel confused in sessions with him/her
3) Positive	S/he is one of my favorite patients I like him/her very much I find it exciting working with him/her I am very hopeful about the gains s/he is making or is likely to make in treatment I have trouble relating to the feelings s/he expresses [Reversed] I feel like I understand him/her
4) Parental/protective	I feel like I want to protect him/her I feel nurturant toward him/her I have warm, almost parental feelings toward him/her I wish I could give him/her what others never could I feel angry at people in his/her life
5) Overwhelmed/disorganized	I feel resentful working with him/her I wish I had never taken him/her on as a patient When checking my phone messages, I feel anxiety or dread that there will be one from him/her S/he frightens me I feel used or manipulated by him/her I think or fantasize about ending the treatment I feel mistreated or abused by him/her I feel pushed to set very firm limits with him/her I feel angry at him/her I feel repulsed by him/her
6) Special/overinvolved	I disclose my feelings with him/her more than with other patients I self-disclose more about my personal life with him/her than with my other patients I do things for him/her, or go the extra mile for him/her, in a way that I don’t do for other patients I feel guilty when s/he is distressed or deteriorates, as if I must be somehow responsible I end sessions late with him/her more than with my other patients

7) Sexualized

I find myself being flirtatious with him/her
I feel sexually attracted to him/her
I feel sexual tension in the room
I tell him/her I love him/her

8) Disengaged

I feel bored in sessions with him/her
My mind often wanders to things other than what s/he is talking about
I don't feel fully engaged in sessions with him/her
I lose my temper with him/her
I watch the clock with him/her more than with my other patients
I feel annoyed in sessions with him/her
