

Mindset Questionnaire

Please respond **true** or **false** to the following statements. There are no right or wrong answers. If you are uncertain, please circle the response that is most accurate description of what you believe.

1. Some people are just natural healers. T/F (FM)
2. You can substantially change how effective you are as a therapist. T/F (GM)
3. The most effective therapists are born, not made. T/F (FM)
4. I am content with my ability as a therapist. T/F (FM)
5. No matter how effective you are as a therapist, you can always improve quite a bit. T/F (GM)
6. There are some clients that no therapist can help. T/F (FM)
7. I routinely seek advice and input from colleagues about my challenging cases. T/F (GM)
8. Naturally social people make better therapists. T/F (FM)
9. Success as a therapist is a skill that can be developed through practice. T/F (GM)
10. I can predict the course and outcome of treatment based on a client diagnosis. T/F (FM)
11. Honestly, I feel hurt by negative feedback I get from clients. T/F (FM)
12. The idea of sharing my overall effectiveness rate with others makes me uncomfortable. T/F (GM)
13. Some therapists are more innately talented/gifted than others. T/F (FM)
14. I videotape and review my sessions. T/F (GM)
15. I do not find it useful to compare my effectiveness to others T/F (FM)
16. I ask colleagues to watch and critique my work. T/F (GM)
17. Most of the time, the feedback I get from clients is not helpful in guiding the course of services. T/F (FM)
18. I am still working to improve my core counseling skills (relational skills, empathy, respect, listening, etc.) T/F (GM)
19. My level of effectiveness is not likely to change much over time. T/F (FM)
20. You can improve your emotional intelligence (EQ). T/F (GM)
21. External circumstances frequently prevent my clients from achieving the best results possible. T/F (FM)
22. I frequently feel challenged as a therapist. T/F (GM)
23. I work with the most difficult and challenging kinds of clients T/F (FM)
24. I would take a course to improve my basic therapeutic and relationship skills if offered. T/F (GM)
25. I learn a great deal from my successes cases as a therapist T/F (FM)
26. I know what I need to work on in order to improve my ability as a therapist. T/F (GM)
27. I find the clients making progress the most interesting. T/F (FM)
28. I believe I can improve my empathic understanding and therapeutic creativity through hard work and practice. T/F (GM)
29. Highly effective therapists work harder than average clinicians. T/F (GM)
30. I generally feel it's best to refer difficult cases to a more competent or senior clinician. T/F (FM)

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| 31. I find critical feedback from clients very helpful in my development as a clinician. | T/F (GM) |
| 32. Privately, I feel threatened by the clinical success of my colleagues | T/F (FM) |
| 33. I try to emulate superior performing clinicians I know. | T/F (GM) |
| 34. I feel very insecure when I encounter a clinical problem that I don't know how to solve. | T/F (FM) |
| 35. I really enjoy the challenge of difficult clinical situations where I need to work out new solutions through trial and error. | T/F (GM) |
| 36. I believe that being an empathic and creative therapist comes naturally and can't be forced by working hard. | T/F (FM) |