

FIRA-P (v. 0.5.3)

Questionnaire to Assess the Therapy Relationship

This questionnaire aims to capture how you experience your therapy relationship with your clinician. You will be presented with 12 questions. Each will ask you to put yourself in a certain situation with your therapist.

Please imagine how you might feel in the situation described. Then check the answer that your “gut feeling” tells you is the closest match.

Only one answer per question should be chosen. If you feel that no answer applies, then simply skip the question. Thank you for your help.

Sample question:

“When my therapist and I discuss my diagnosis or treatment modalities, the atmosphere in the room is ...”

Always select the option that feels closest to your experience:

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

Note that you will always have the same options available for all 12 questions.

1. When my therapist and I engage in lively exchange, the energy in the room is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

2. When my therapist and I discuss important values, the atmosphere is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

3. When we enjoy a moment of playful banter, our rapport is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

4. When I talk about my family with my therapist, I feel the conversation is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

5. When we discuss my hobbies or my children, our communication is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

6. When I talk about the day-to-day of my job, our exchange is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

7. When we focus on my important relationships, the mood is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

8. When we talk about intimacy or sexuality, those sessions are ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

9. When we explore new ideas together, the atmosphere is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

10. When we talk about what I want to achieve in life, the mood is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

11. When we discuss the ideals I aspire to, those moments are ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

12. When we dive into topics like religion or spirituality, our rapport is ...

- | | |
|---|---|
| <input type="checkbox"/> a+) Straightforward and direct | <input type="checkbox"/> a-) Aggressive and pushy |
| <input type="checkbox"/> b+) Grounded and comforting | <input type="checkbox"/> b-) Burdensome and slow |
| <input type="checkbox"/> c+) Playful and lighthearted | <input type="checkbox"/> c-) Chaotic and jumpy |
| <input type="checkbox"/> d+) Nurturing and caring | <input type="checkbox"/> d-) Emotionally clinging |
| <input type="checkbox"/> e+) Full of self-expression | <input type="checkbox"/> e-) Full of self-involvement |
| <input type="checkbox"/> f+) Practical and nuanced | <input type="checkbox"/> f-) Complicated and tedious |
| <input type="checkbox"/> g+) Harmonious and accommodating | <input type="checkbox"/> g-) Directionless and vague |
| <input type="checkbox"/> h+) Ready to enter dark areas | <input type="checkbox"/> h-) Intrusive and unsettling |
| <input type="checkbox"/> i+) Letting me grow and discover | <input type="checkbox"/> i-) Superficial and sloppy |
| <input type="checkbox"/> j+) Clear-eyed and realistic | <input type="checkbox"/> j-) Demanding and harsh |
| <input type="checkbox"/> k+) Enabling me to see my future | <input type="checkbox"/> k-) Impersonal and detached |
| <input type="checkbox"/> l+) Allowing me to heal old wounds | <input type="checkbox"/> l-) Elusive and dreamy |

Scoring:

Choleric experiences:
(Fire)

of a): ____

of e): ____

of i): ____

Total: ____ (insert into distribution matrix)

Distribution of archetypal experiences in the therapy relationship

Distribution of archetypal experiences in the therapy relationship	
Phlegmatic	Sanguine
Choleric	Melancholic

Melancholic experiences:
(Earth)

of b): ____

of f): ____

of j): ____

Total: ____ (insert into distribution matrix)

Sanguine experiences:
(Air)

of c): ____

of g): ____

of k): ____

Total: ____ (insert into distribution matrix)

Phlegmatic experiences:
(Water)

of d): ____

of h): ____

of l): ____

Total: ____ (insert into distribution matrix)

Instructions: This sheet will let you evaluate your FIRA results and determine the characteristics of the archetypal experiences you have thus far had in your therapy relationship. The distribution of these experiences among the four traditional “elements” of Fire, Earth, Air, and Water will give you a rough idea of the overall “feel” of the therapy relationship. If you compare your results to your therapist’s, you will immediately see the degree to which their overall experience differs from yours. Note that such differences are to be expected and do not imply that the rapport between the two of you is less than optimal. Next, you can examine distinct differences between your results more closely. Look at the individual answers and at how they deviate from your therapist’s. The questionnaire’s items cover sensitive subject matter. When you feel that the time is right to discuss your experiences, sharing your feelings with your therapist will be beneficial for mutual understanding and further treatment outcome.