

FIRA-T (v. 0.6)

Questionnaire to Assess the Therapy Relationship

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

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

You have two dozen options to choose from, which are consistent for all 12 questions. The options on the left reflect a more “positive” experience, while those on the right indicate a more “challenging” one. Both types of responses are equally important: answers toward the right can prove especially conducive to discovering challenging aspects in the rapport you have with your patient.

Sample question:

“When my patient and I discuss their 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 |

1. When my patient 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 patient 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 my patient talks about their family, I the conversation feels ...

- | | |
|---|---|
| <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 my patient talks about the day-to-day of their 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 the patient wants 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 the patient aspires 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:

of a+): ____ # of a-): ____

of e+): ____ # of e-): ____

of i+): ____ # of i-): ____

Subtotal of +): ____

Subtotal of -): ____

Total (choleric): ____

(insert into distribution matrix)

Choleric		Melancholic	
Subtotal +)	Subtotal -)	Subtotal +)	Subtotal -)
Total (choleric)		Total (melancholic)	

Melancholic experiences:

of b+): ____ # of b-): ____

of f+): ____ # of f-): ____

of j+): ____ # of j-): ____

Subtotal of +): ____

Subtotal of -): ____

Total (melancholic): ____

Phlegmatic		Sanguine	
Subtotal +)	Subtotal -)	Subtotal +)	Subtotal -)
Total (phlegmatic)		Total (sanguine)	

Sanguine experiences:

of c+): ____ # of c-): ____

of g+): ____ # of g-): ____

of k+): ____ # of k-): ____

Subtotal of +): ____

Subtotal of -): ____

Total (sanguine): ____

Phlegmatic experiences:

of d+): ____ # of d-): ____

of h+): ____ # of h-): ____

of l+): ____ # of l-): ____

Subtotal of +): ____

Subtotal of -): ____

Total (phlegmatic): ____

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. Their distribution among the four traditional “temperaments”—choleric, melancholic, sanguine, and phlegmatic—will give you a rough idea of the overall “feel” of the therapy relationship. If you compare your results to your patient’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 apparent similarities as well as distinct differences—Jungian opposites—between your results more closely. Look at the individual answers and at how they deviate from your patient’s. The questionnaire’s items cover subject matter that may be sensitive to your patient. If you find the right time and modality to discuss your FIRA results, you may learn more about how your patient felt and why. In the process, you may discover sides to their experience of the therapy relationship that you had not noticed, and which may be instructive in helping them develop and grow.