

Bridging Questions (Benjamin Schoendorff 2015, adapted from M. Tsai, 2008)

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form onto
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and use for
future
session

Name: _____ Date: _____

Part A (to be completely shortly after our session):

1. On a scale of 1 to 10, how much were you looking forward to our session? _____

2. What stands out or what did you take away from our session?

3. On a scale of 1 to 10, how helpful/effective was our session? _____

What was helpful?

What was not helpful?

4. On a scale of 1 to 10, how freely were you able to share with me? _____

Could I have done anything to make it easier for you to share with me? If yes, describe briefly:

5. On a scale of 1 to 10, how freely were you able to share with your partner? _____

Could your partner have done anything to make it easier for you to share with him/her? If yes, describe briefly:

6. On a scale of 1 to 10, how well did you feel I understood what you were feeling and what was on your mind during our session? _____ Describe briefly:

7. On a scale of 1 to 10, did you do your best to be engaged in the topics discussed ? _____

Could I have done anything to make it easier for you to be engaged? If yes, describe briefly:

8. On a scale of 1 to 10, did you do your best to connect with me? _____

Could I have done anything to make it easier for you to connect with me? If yes, describe briefly:

9. On a scale of 1 to 10, did you do your best to connect with your partner? _____

Could you have done anything to make it easier for you to connect with your partner? If yes, describe briefly:

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10. On a scale of 1 to 10, rate your amount of toward moves in the session _____
11. On a scale of 1 to 10, rate your amount of away moves in the session _____
12. What issues came up for you in the session or with me that are similar to your relationship problems?

11. What toward moves did you initiate in our session that can translate into your relationship?

Part B (to be completed just prior to next session):

12. What were the high and low points of your week?

High points:

Low points:

13. Describe at least one action (and up to one a day) you engaged to move toward someone/something important to you in your relationship. What did you notice?

14. Describe at least one action (and up to one a day) you engaged to move away from some unwanted inner experience in your relationship. What did you notice?

15. On a scale of 1 to 10, did you do your best to engage in toward moves in your relationship this week? _____

16. What do you want to put on the agenda for our next session?

17. On a scale of 1 to 10, how much are you looking forward to our next session? _____

18. Anything else you'd like to add?