

The Helping Relationship Questionnaire

INSTRUCTIONS: Relationships with people have many different parts to them, and when it comes to relationships with people who support you (the staff here) there are special things to think about. Carefully consider your relationship with _____ and then mark each statement according to how strongly you agree or disagree.

Date _____ Staff person being evaluated _____

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I feel I can depend upon my staff.	1	2	3	4	5
2. I feel my staff understands me.	1	2	3	4	5
3. I feel my staff helps me to explore myself and discover new things about myself.	1	2	3	4	5
4. I feel my staff wants me to achieve my goals.	1	2	3	4	5
5. I feel I can trust my staff.	1	2	3	4	5
6. I feel respected by my staff.	1	2	3	4	5
7. I feel my staff are understanding.	1	2	3	4	5
8. I like my staff as a person.	1	2	3	4	5
9. I believe my staff like me as a person.	1	2	3	4	5
10. I believe my staff are genuinely interested in my life.	1	2	3	4	5
11. My staff know what is important to me.	1	2	3	4	5
12. I believe my staff can help support me.	1	2	3	4	5
13. I feel I am working together with my staff, in a joint effort, towards my goals and dreams.	1	2	3	4	5
14. I am confident in my staff's ability to help me achieve my goals and dreams.	1	2	3	4	5