

Name of Coach: _____ Date: _____

Evaluation of Coach*

Instructions. Use checks (✓) to indicate how you felt about your most recent session.

Please answer all the items.

0--Not at all true	1--Somewhat true	2--Moderately true	3--Very true	4--Completely true
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(LTG20) Empathy

1. My coach seemed warm, supportive, and concerned.					
2. My coach seemed trustworthy.					
3. My coach treated me with respect.					
4. My coach did a good job of listening.					
5. My coach understood how I felt inside.					

(LTG20) Helpfulness

6. I was able to express my feelings during the session.					
7. I felt like I could talk about the problems that are bothering me.					
8. The methods and/or exercises used were helpful.					
9. The approach my coach used made sense.					
10. I learned some new ways to deal with my problems.					

(LTG20) Satisfaction & Commitment

11. I believe the discussion was helpful to me.					
12. Overall, I was satisfied with today's discussion.					
13. I plan to do homework before the next meeting.					
14. I intend to use what I learned in today's session.					
15. It was ok to disagree with my coach.					

(LTG0) Negative Feelings & Question Difficulty

16. At times, my coach didn't seem to understand how I felt.					
17. At times, I felt uncomfortable during the session.					
18. It was hard to answer some of these questions honestly.					
19. Sometimes my answers didn't show how I really felt inside.					
20. It would be too upsetting for me to criticize my coach.					

What did you like **the least** about the session? _____

What did you like **the best** about the session? _____



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