

## SUPERVISEE LEVELS QUESTIONNAIRE – REVISED

Answer the items that follow in terms of your own current behavior. In responding to the items, use the following scale:

Never	Rarely	Sometimes	Half the time	Often	Most of the time	Always
1	2	3	4	5	6	7

1. I feel genuinely relaxed and comfortable in my counseling sessions.  

1	2	3	4	5	6	7
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2. I am able to critique counseling tapes and gain insights with minimum help from my supervisor.  

1	2	3	4	5	6	7
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3. I am able to be spontaneous in counseling, yet my behavior is relevant.  

1	2	3	4	5	6	7
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4. I lack self-confidence in establishing counseling relationships with diverse client types.  

1	2	3	4	5	6	7
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5. I am able to apply a consistent personalized rationale of human behavior in working with my clients  

1	2	3	4	5	6	7
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6. I tend to get confused when things don't go according to plan and lack confidence in the ability to handle the unexpected.  

1	2	3	4	5	6	7
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7. The overall quality of my work fluctuates; on some days I do well, on other days I do poorly.  

1	2	3	4	5	6	7
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8. I depend on my supervision considerably in figuring out how to deal with my clients.  

1	2	3	4	5	6	7
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9. I feel comfortable confronting my clients.  

1	2	3	4	5	6	7
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10. Much of the time in counseling I find myself thinking about my next response instead of fitting my intervention into the overall picture.  

1	2	3	4	5	6	7
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11. My motivation fluctuates from day to day.  

1	2	3	4	5	6	7
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12. At times, I wish my supervisory could be in the counseling session to lend a hand.  

1	2	3	4	5	6	7
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13. During counseling sessions, I find it difficult to concentrate because of my concern about my own performance.  

1	2	3	4	5	6	7
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14. Although at times I really want advice/feedback from my supervisor, at other times I really want to do things my own way.  

1	2	3	4	5	6	7
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15. Sometimes the client's situation seems so hopeless, I just don't know what to do.  

1	2	3	4	5	6	7
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16. It is important that my supervisor allow me to make my own mistakes.  

1	2	3	4	5	6	7
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17. Given my current state of professional development, I believe I know when I need consultation from my supervisor and when I don't.
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|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
18. Sometimes I question how suited I am to be a counselor.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
19. Regarding counseling, I view my supervisor as a teacher/mentor.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
20. Sometimes I feel that counseling is so complex that I will never be able to learn it all.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
21. I believe I know my strengths and weaknesses as a counselor sufficiently well to understand my professional potential and limitations.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
22. Regarding my counseling, I view my supervisor as a peer/colleague.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
23. I think I know myself well and am able to integrate that into my therapeutic style.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
24. I find I am able to understand my clients' view of the world, yet help them to objectively evaluate alternatives.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
25. At my current level of professional development, my confidence in my abilities is such that my desire to do counseling doesn't change much from day to day.
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|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
26. I find I am able to empathize with my clients feeling states, but still help them focus on problem resolution.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
27. I am able to adequately assess my interpersonal impact on clients and use that knowledge therapeutically.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
28. I am adequately able to assess the client's interpersonal impact on me and use that therapeutically.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
29. I believe I exhibit a consistent professional objectivity and ability to work within my role as a counselor without undue overinvolvement with my clients.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
30. I believe I exhibit a consistent professional objectivity and ability to work with my roles as a counselor without excessive distance from my clients.
- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

Scoring Key: Self and Other Awareness Items: 1, 3, 5, 9, 10\*, 13\*, 24, 26, 27, 28, 29, 30  
 Motivation Items: 7, 11\*, 15\*, 18\*, 20\*, 21, 23, 25  
 Dependency-Autonomy Items: 2, 4\*, 6\*, 8, 12\*, 14, 16, 17, 19\*, 22  
 \*Indicates reverse scoring. To score, sum the items in the scale and divide by the number of items

Developed by C. Stoltenberg. Unpublished version of Supervisee Levels Questionnaire.