

## SUPERVISEE LEVELS QUESTIONNAIRE—REVISED

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

- |   | Never | Rarely | Sometimes | Half<br>the Time | Often | Most of<br>the Time | Always |
|---|-------|--------|-----------|------------------|-------|---------------------|--------|
|   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 1. I feel genuinely relaxed and comfortable in my counseling/therapy sessions.  | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 2. I am able to critique counseling tapes and gain insights with minimum help from my supervisor.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 3. I am able to be spontaneous in counseling/therapy, yet my behavior is relevant.  | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 4. I lack self-confidence in establishing counseling relationships with diverse client types.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 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      |
| 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      |
| 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      |
| 8. I depend on my supervision considerably in figuring out how to deal with my clients.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 9. I feel comfortable confronting my clients.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 10. Much of the time in counseling/therapy I find myself thinking about my next response instead of fitting my intervention into the overall picture. | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 11. My motivation fluctuates from day to day.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 12. At times, I wish my supervisor could be in the counseling/therapy session to lend a hand.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 13. During counseling/therapy sessions, I find it difficult to concentrate because of my concern about my own performance.                            | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 14. Although at times I really want advice/feedback from my supervisor, at <i>other</i> times I really want to do things my own way.                  | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 15. Sometimes the client's situation seems so hopeless. I just don't know what to do.   | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |
| 16. It is important that my supervisor allow me to make my own mistakes.  | 1     | 2      | 3         | 4                | 5     | 6                   | 7      |

17. Given my current state of professional development, I believe I know when I need consultation from my supervisor and when I don't.  
1 2 3 4 5 6 7
18. Sometimes I question how suited I am to be a counselor/therapist.  
1 2 3 4 5 6 7
19. Regarding counseling/therapy, I view my supervisor as a teacher/mentor.  
1 2 3 4 5 6 7
20. Sometimes I feel that counseling/therapy is so complex that I never will 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/therapy, 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/therapy doesn't change much from day to day.  
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 within my role 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 then divide by the number of items.

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