

Observer Sheet 1: Wrestling or Dancing?

As you follow the interview, determine where you think the interaction is on a continuum ranging from -5 (total Wrestling; struggling with each other for control) to +5 (total Dancing; moving together smoothly and cooperatively). When you perceive a change in the interaction, indicate your new rating and note what happened at the point of change.

Wrestling	Dancing	What happened at the point of change?
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		• Enter the level of interaction at the beginning of the interview
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		
-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5		

Observer Sheet 2: Client Importance Level

As you follow the interview, determine where you think the client is in importance of changing the target behavior, from 0 (not at all important) to 6 (very ready for change) When you perceive a change in the client's level of readiness for change, note what the counselor did just before it happened.

Not at all				Very Ready			What did the counselor do before this change?
0	1	2	3	4	5	6	Circle the level of client importance for change at the beginning of the interview
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	
0	1	2	3	4	5	6	