

## Assess Barriers to an Accepting Attitude

Respect and acceptance are crucial in developing a positive therapeutic alliance and unconditional positive regard.

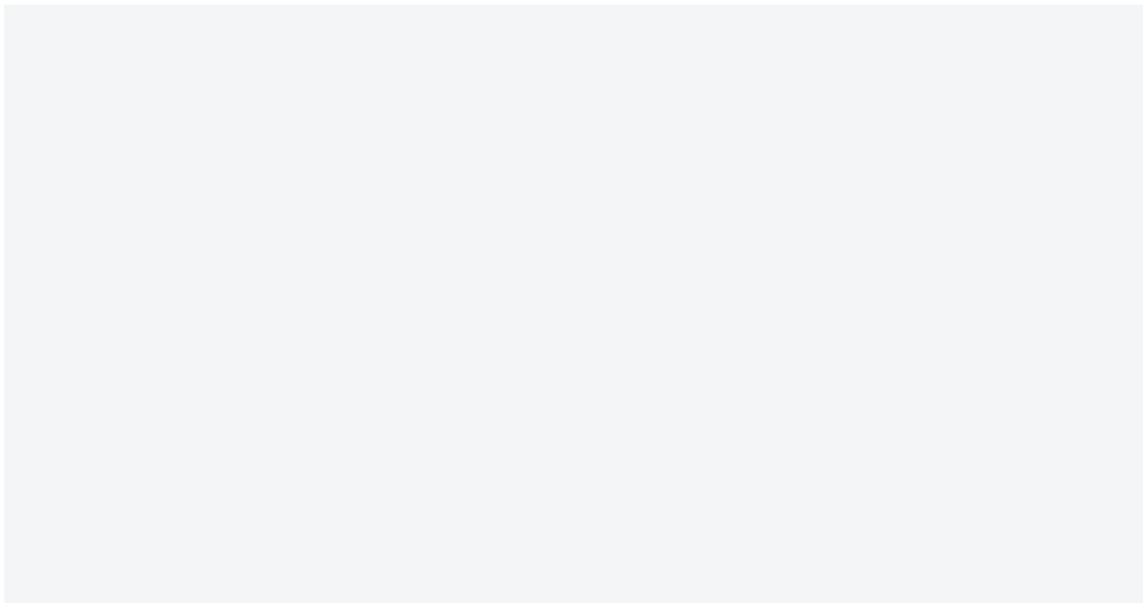
Use the following worksheet after individual therapy sessions or at the end of the day to reflect on what thoughts and beliefs may be holding you back from a more accepting attitude:

**1. Reflect on each of the following questions to understand potential barriers to acceptance in therapy:**

Which of the following did you experience?

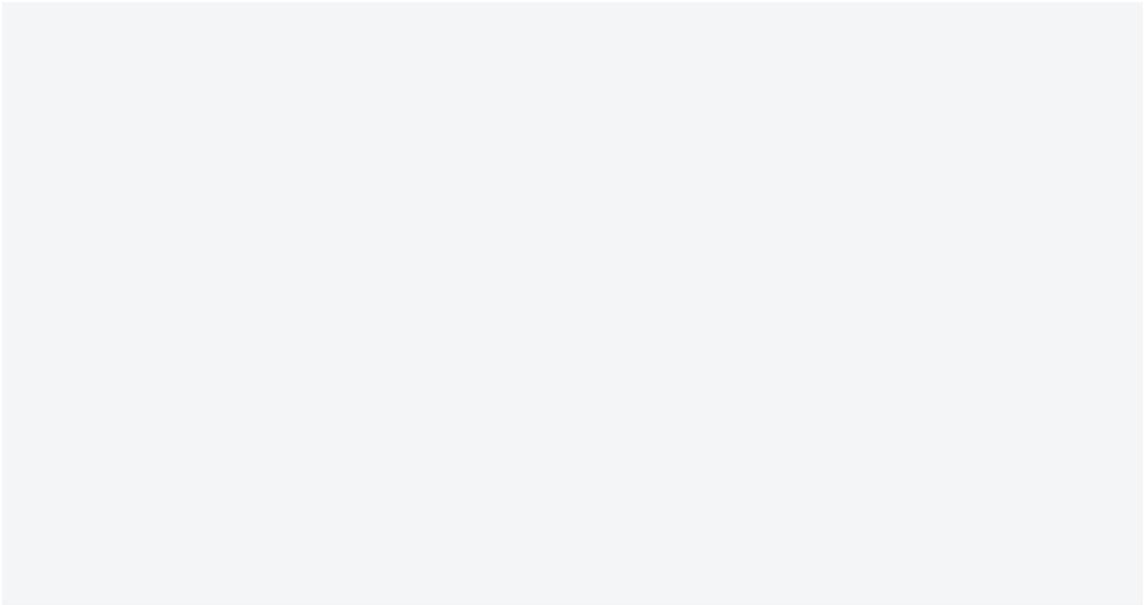
- Anxiety-evoking feelings, clients, and situations
- Trigger words, phrases, and attitudes that caused you upset or a reaction
- Prejudices that you found uncomfortable or annoying
- Business that remains unfinished or issues not addressed
- Emotional exhaustion, stress, and burnout
- Anything else

**2. Summarize the above (and any other) factors that prevented you from adopting an attitude of respect, empathy, and acceptance toward your client:**



**3. Reflect on the factors, recognizing patterns, and consider how you may be able to form stronger therapeutic alliances in the future by dropping them.**

4. How might that more accepting attitude look?



Dr. Jeremy Sutton