

**Annex 2 Milwaukee Psychotherapy Expectations Questionnaire (MPEQ)**

Below is a series of sentences describing expectations about therapy, your therapist, and your role during therapy. Some of them you may not have even considered before, but we'd like you to think about them now. Read each sentence carefully and circle the number that indicates how strongly you expect each one to occur.

Not at all Likely Sure												
1.	I expect my therapist to support me	0	1	two	3	4	5	6	7	8	9	10
two.	My therapist will give me feedback (his opinion)	0	1	two	3	4	5	6	7	8	9	10
3.	I will be able to express my true thoughts and feelings	0	1	two	3	4	5	6	7	8	9	10
Four.	I will feel comfortable with my therapist.	0	1	two	3	4	5	6	7	8	9	10
5.	My therapist will be honest with me	0	1	two	3	4	5	6	7	8	9	10
6.	My therapist will be interested in what I have to say	0	1	two	3	4	5	6	7	8	9	10
7.	My therapist will be understanding	0	1	two	3	4	5	6	7	8	9	10
8.	I look forward to going to all therapist appointments	0	1	two	3	4	5	6	7	8	9	10
9.	Therapy will increase my self-esteem	0	1	two	3	4	5	6	7	8	9	10
10.	After therapy, I will be able to face feelings of distress	0	1	two	3	4	5	6	7	8	9	10
eleven.	As a result of therapy, I will be a better person	0	1	two	3	4	5	6	7	8	9	10
12.	After therapy, I will be someone much more optimistic	0	1	two	3	4	5	6	7	8	9	10
13.	If I am concerned about something in therapy, I hope that I will be able to bring it up with my therapist.	0	1	two	3	4	5	6	7	8	9	10

