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## Relational Depth Frequency Scale (RDFS)

Below is a list of items representing experiences people might have in therapy.

Please think of your relationship with your client and select how frequently you have experienced the moments described in each item.

There is no right or wrong answer, individuals relate differently.

Each item follows the statement:

**‘Over the course of therapy with my client, there were moments where...’**

### 1. I experienced an intense connection with him/her

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 2. I experienced a very profound engagement with her/him

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 3. I felt we were both completely genuine with each other

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 4. I experienced what felt like true mutuality

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 5. We were deeply connected to one another

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 6. I felt we were accepting of one another

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 7. I felt a clarity of perception between us

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 8. I felt an overall warmth between us

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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### 9. I felt intensely present with him/her

① Not at all	② Only occasionally	③ Sometimes	④ Often	⑤ Most or all of the time
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**10. We were immersed in the present moment**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**11. There was a deep understanding between us**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**12. It felt like a shared experience**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**13. I felt we deeply trusted each other**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**14. I felt we connected on a human level**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**15. I experienced a deep sense of encounter**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**16. I experienced a meeting that was beyond words**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**17. I felt like we were totally in-the-moment together**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**18. I felt we were really close to each other**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**19. I felt we truly acknowledged each other at a very deep level**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

**20. I felt we were completely open with each other**

① Not at all      ② Only occasionally      ③ Sometimes      ④ Often      ⑤ Most or all of the time

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Thank you for completing this form

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