Client Attraction Self-Reflection Questions

A tool for processing countertransference — for journaling or supervision

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Experiencing attraction toward a client — or noticing a client's attraction toward you — doesn't make you a bad clinician. It makes you human. What matters is how you process it. Use these questions for private reflection, journaling, or to guide a conversation with your supervisor. Honesty here protects both you and your client.

Identifying What You're Feeling

1. What specifically am I feeling about this client?

Name it: attraction, warmth, excitement, protectiveness, curiosity, something else?

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2. When did I first notice this feeling?

Was it immediate or did it develop over time? What triggered the awareness?

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3. Is this feeling present only during sessions, or does it follow me outside of work?

Do I think about this client when I'm at home, on weekends, or between sessions?

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Checking Your Behavior

4. Am I looking forward to seeing THEM, or seeing their PROGRESS?

There's a difference between clinical investment and personal anticipation.

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5. Have any of my behaviors changed with this client?

Dressing differently, extending sessions, extra contact, more self-disclosure than usual?

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6. Have I avoided documenting anything about this client or my reactions?

Avoidance in documentation can signal avoidance in processing.

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The Supervision Check

7. Would I feel comfortable telling my supervisor about this?

If not — that's important information. Shame thrives in silence.

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Remember: The feeling isn't the problem. What you do with it is what matters. If you checked anything in the "behavior" section, it's time to bring this to supervision — not as a confession, but as good clinical practice.

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