

TABLE 9.2 Supervisor Leads for Use with Interpersonal Process Recall

*Leads That Inspire Affective Exploration*

- How did that make you feel?
- How did that make you feel about him or her?
- Do you remember what you were feeling?
- Were you aware of any feelings?
- What do those feelings mean to you?
- Does that feeling have any special meaning to you?
- Is it a familiar feeling?
- What did you do (or decide to do) about that feeling you had?
- Did you want to express that feeling at any time?
- Did you have any fantasies of taking any risk?

*Leads That Check Out Unstated Agendas*

- What would you have liked to have said to her or him at this point?
- What's happening here?
- What did you feel like doing?
- How were you feeling about your role as counselor at this point?
- What had that meant to you?
- If you had more time, where would you have liked to have gone?

*Leads That Encourage Cognitive Examination*

- What were you thinking at that time?
- What thoughts were you having about the other person at that time?
- Something going on there?
- Anything going on there?
- Had you any ideas about what you wanted to do with that?
- Did you fantasize taking any risks?
- Were you able to say it the way you wanted to?
- Did you want to say anything else then?
- Did you have any plan of where you wanted the session to go next?
- Did you think that the other person knew what you wanted?
- What kind of image were you aware of projecting?
- Is that the image you wanted to project?
- Can you recall what effect the setting had on you or the interaction?
- Can you recall what effect you thought that the setting had on the other person?
- Did the equipment affect you in any way?
- (If reaction to the recorder) What did you want, or not want, the recorder to hear from you?

*Leads That Get at Images*

- Were you having any fantasies at that moment?
- Were any pictures, images, or memories flashing through your mind then?
- What was going on in your mind at that time?
- Did it remind you of anything?
- Did you think that you had "been there before"? Is that familiar to you?
- Where had that put you in the past?

*Leads That Explore Mutual Perceptions Between Client and Counselor*

- What did you think that she or he was feeling about you?
- How do you think that she or he was seeing you at that point?