

If You Had to Choose is intended to be both a treatment retention tool and a means by which to observe group or family dynamics. The questions are intentionally designed to reduce the tendency to give socially desirable responses. The goal is for respondents to provide their whimsical opinions without reference to who they are with or social standards in general. There are no wrong answers and that should be evident in the questions.

It is sometimes true that you will notice response mimicking in group situations. One way to break up this tendency is to change the order of response within the group periodically during the process of using this instrument.

Although it is not the intent of this instrument per se, responses can be recorded to see if they reflect coalitions within groups or tendencies toward like-mindedness or tendencies toward leader-follower. Results will be impressionistic as there are strictly speaking no standards by which to empirically validate such perceived correlations.

This instrument will also reveal psychological tendencies in individual clients that more conventional questioning might not. Once again this will come down clinical judgment versus empirical standards. We promise that clinicians who use this instrument will hear a lot of unsolicited justifications for responses to patently silly or inane questions.

This instrument is especially useful in situation where there is high tension or fear of the therapeutic process – it is designed to be an “ice-breaker”.

ENJOY