

PIQ-A

Post-Imagery Rescripting Questionnaire—A

Name of Client: _____ Date: _____

After each IRRT session, ask the client to rate on a 0-100 scale the following:

Client Rating

Real Score

_____ *A. How vivid was the imagery you experienced during our session today? _____
0 = Could not develop imagery at all
100 = Extremely vivid

_____ B. How much did you mentally escape or “dissociate” during the imagery? _____
0 = Did not mentally escape or dissociate at all during the imagery
100 = Mentally escaped or dissociated so much that you could not stay with the imagery

_____ 1. How afraid were you, the ADULT, of confronting the perpetrator(s)? _____
0 = Not at all afraid of confronting the perpetrator(s)
100 = Extremely afraid (as afraid as you’ve ever felt)

_____ *2. How much anger did you, the ADULT, feel towards the perpetrator(s)? _____
0 = No anger at all
100 = Extreme anger (as angry as you have ever felt towards anyone)

_____ 3. How powerless did you, the ADULT, feel when confronting the perpetrator(s)? _____
0 = Felt very empowered
100 = Felt extremely helpless and powerless

_____ 4. How difficult was it for you, the ADULT, to rescue the CHILD from the abuse scene? _____
0 = Not at all difficult (able to rescue the CHILD without difficulty)
100 = Extremely difficult (unable to rescue the CHILD without help)

Client Rating

Real Score

_____ *5. How much did you, the ADULT, feel the perpetrator(s) was responsible _____
for the abuse?
0 = Did not feel the perpetrator(s) was at all responsible for the abuse
100 = Felt the perpetrator(s) was totally responsible for the abuse

_____ 6. How much did you, the ADULT, feel the CHILD was responsible _____
for the abuse?
0 = Felt the CHILD was not at all responsible for the abuse
100 = Felt the CHILD was totally responsible for the abuse

_____ 7. How much anger did you, the ADULT, feel towards the CHILD? _____
0 = No anger at all
100 = Extreme anger (as angry as you have ever felt toward anyone)

_____ *8. How difficult was it for you, the ADULT, to nurture the CHILD? _____
0 = Unable to nurture the CHILD
100 = Able to nurture the CHILD without difficulty

_____ *9. How accepting was the CHILD of you, the ADULT? _____
0 = Not at all accepting
100 = Totally accepting

_____ *10. How safe did the CHILD feel with you, the ADULT? _____
0 = Not at all safe
100 = Totally safe

Total PIQ Score _____