

Counseling Goals

Please answer these questions thoughtfully at home.
Your counselor will discuss these with you at your first appointment.



1. What is the main problem you're facing?
2. How did you decide to come for Christian, biblical counseling?
3. Have you done anything to try to fix the problem? If so, what?
4. If one night while asleep, the problem was fixed, how would you know?
5. List three ways your life will be different if your counseling is successful.

6. If counseling is successful, how will you be a different person than you are now?

7. Try to tell your life story in four to six sentences. Try to include some of the hardest things you've ever faced. Feel free to use more sentences if necessary.

8. Please list any other information you think we should know.

9. On a scale of 1-10, how direct should your counselor be when straight-up truth is needed?

Be cautious with me. - 1 2 3 4 5 6 7 8 9 10 - I love total honesty.