

WHAT I WANT FROM COUNSELING

Instructions

People have different ideas about what they want, need and expect from counseling. This questionnaire is designed to help you explain what you would like to have happen in your treatment.

Many possibilities are listed. For each one, please indicate how much you would like for this to be part of your treatment. You can do this by circling one number (0,1, 2, or 3) for each item. This is what the numbers mean:

- 0 NO This means that you definitely do NOT want or need this from our work together.
- 1 ? This means that you are UNSURE. MAYBE you want or need this from our work together.
- 2 Yes This means that you DO want or need this from our work together.
- 3 YES! This means that you DEFINITELY want or need this from our work together.

If you have any questions about how to use this questionnaire, please ask for assistance. When you have completed this form, please return it to me. Thank you.

Do you want this from counseling?	NO 0	Maybe 1	Yes 2	YES! 3
1. I would like to talk about some personal problems.	0	1	2	3
2. I would like help with problems in my marriage or partnership.	0	1	2	3
3. I want help with some health problems	0	1	2	3
4. I want help to decrease my stress and tension.	0	1	2	3
5. I would like to improve my health by learning more about nutrition and exercise.	0	1	2	3
6. I want help with depression or moodiness.	0	1	2	3
7. I want to work on my spiritual growth.	0	1	2	3
8. I want to improve my communication skills.	0	1	2	3
9. I want to improve my relationship skills.	0	1	2	3
10. I want to improve my problem solving skills.	0	1	2	3
11. I want to understand why my relationship(s) don't last.	0	1	2	3
12. I want to learn to accept who I am.	0	1	2	3
13. I want to learn how to solve problems in my life.	0	1	2	3
14. I want help getting more organized.	0	1	2	3
15. I want to have healthier relationships.	0	1	2	3
16. I would like to discuss sexual problems.	0	1	2	3
17. I want to learn how to express my feelings in a healthier way.	0	1	2	3
18. I want to learn how to relax more easily.	0	1	2	3
19. I want help in overcoming boredom.	0	1	2	3
20. I want help with feelings of loneliness.	0	1	2	3
21. I want to discuss having been physically abused.	0	1	2	3

Do you want this from counseling?	NO 0	Maybe 1	Yes 2	YES! 3
22. I want help to prevent violence at home.	0	1	2	3
23. I want help to deal with my gay / lesbian / bisexual / transgender child.	0	1	2	3
24. I want help understanding my sexual orientation.	0	1	2	3
25. I want help transitioning to another gender.	0	1	2	3
26. I want to discuss having been sexually abused.	0	1	2	3
27. I want to work on having better self-esteem.	0	1	2	3
28. I want help with sleep problems.	0	1	2	3
29. I want help with legal problems.	0	1	2	3
30. I want to learn to manage my money better.	0	1	2	3
31. I want help in finding a job or changing careers.	0	1	2	3
32. I want help in overcoming shyness.	0	1	2	3
33. Someone close to me has died or left and I would like to talk about it.	0	1	2	3
34. I have thoughts about suicide and would like to discuss this.	0	1	2	3
35. I want someone to listen to me.	0	1	2	3
36. I want help to be a better parent.	0	1	2	3
37. I want help with personal fears or anxieties.	0	1	2	3
38. I feel very confused and would like help with this.	0	1	2	3
39. I would like information about or testing for HIV / AIDS.	0	1	2	3
40. I want someone to listen to me.	0	1	2	3
41. I want to learn to have fun without drugs or alcohol.	0	1	2	3
42. I want someone to tell me what to do.	0	1	2	3
43. I want help in setting goals and priorities in my life.	0	1	2	3
44. I would like to learn how to manage my time better.	0	1	2	3

Do you want this from counseling?	NO 0	Maybe 1	Yes 2	YES! 3
45. I want to find enjoyable ways to spend my free time.	0	1	2	3
46. I need help in getting motivated to change.	0	1	2	3
47. I would like to see a doctor or nurse about medical problems.	0	1	2	3
48. I want help with angry feelings and how I express them.	0	1	2	3
49. I want to receive medication.	0	1	2	3
50. I want to learn more about alcohol and drug problems	0	1	2	3
51. I would like to have my spouse or partner to be in counseling with me.	0	1	2	3
52. I would like to have private, individual counseling.	0	1	2	3
53. I would like to be in a group with people who are dealing with problems similar to my own.	0	1	2	3
54. I want my counseling to be short in duration.	0	1	2	3
55. I believe I will need to be in counseling for a long time.	0	1	2	3
56.	0	1	2	3
57.	0	1	2	3
58.	0	1	2	3
59.	0	1	2	3

Is there anything else that you would like from counseling? If so, please write it here.