

### Assessment questions

*These questions are to help you think what you want of coming to see me and to give us an aim to get us started during the first session. Don't worry about spelling and writing. It would help, but not essential, for me to see it, but it can be just for you, not for anyone else to see. If you are concerned about committing any answers to paper, feel free to not to answer those questions. However, it would be helpful if you reflect on what your expectations are of counselling and to think what goals you would like to achieve.*

1. What has brought you to see me? What are the main problems or worries?
2. What do you hope for or want to get from counselling? What do you want to achieve or change?
3. Is there anything you think I should know about you or your life?
4. What do you want from me as a counsellor?
5. What have you done to try and resolve the issues yourself? Has anything helped or made it worse?
6. How will you know when you have got what you hope for – what will be different?