



**Goals for Counselling**

Developing counseling goals and regular reviewing and refining these goals are an important part of the counseling process. Please take the time to consider your hopes and what you would like to achieve.

- 1) Please describe the concern that has led you to seek counselling.
  
- 2) When did this concern start? Can you describe a history of it?
  
- 3) What are your goals for counselling? (What might be different in your life?)
  
- 4) How will you know when you have successfully completed counselling?
  
- 5) Are there some techniques or orientations of therapy that you would like to use in our work together, or about which you have heard and would like to try?
  
- 6) What are your strengths, skills and resources? How do these support you in your life?
  
- 7) Is there anything else about which you think it would be helpful for me to know?