



QUESTIONS TO ASK OF SELF

1. Do I know a trusted friend or family member who was/is satisfied with a particular therapist?
2. Does my pastor, doctor, or a professional organization recommend anyone?
3. Does it matter if I have a same-sex therapist, or one of the opposite sex?
4. What are my expectations? What do I hope will happen as a result of my going for help? And, when I state what I want from therapy to the counselor, did he/she hear me and respond appropriately?
5. Does he/she take time to answer my questions?
6. Does the therapist hold me responsible for my life?
7. Do I feel safe, comfortable with the counselor? Do I trust the counselor?
8. Do I feel like I can say anything that is on my mind? Do I feel accepted no matter what I talk about?
9. Does the counselor communicate a sense of enthusiasm, competency, commitment, and caring?
10. Am I committed and motivated for personal growth? Am I willing to do the hard work of solving emotional, behavioral, or relationship problems? Even if it means having a difficult feeling at times? Even if it means being challenged at times?
11. Even if I'm told I need to seek counseling by someone, am I willing to look beyond my feelings to see how I personally can benefit?
12. Do I feel respected and is the counselor sensitively attuned to my concerns? Does he/she have human qualities of compassion and integrity?
13. Is there a sense of rapport? Does he/she respect my values and beliefs? Is there a sense of connection? Is there a relationship with my counselor?
14. Is therapy making a difference in my life?