



COUNSELLING & COACHING

KIRSTY MCGOVERN

*Your
Essential
Guide To
Changing
Anything In
Counselling*

**YOU
DON'T HAVE
TO BE CRAZY...**

CHAPTER 12 HOW TO SET YOUR COUNSELLING GOALS



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'YOUR TURN' WORKSHEET: CHAPTER 12

From "You Don't Have To Be Crazy..." by Kirsty McGovern

Get Clear on You Counselling Goals and Break them Down into 'Big-Enough' Steps

Here are some general questions to help you develop the goal you're working on in your counselling. If you have more than one goal, complete this exercise for all of them but look out for the places where they overlap. Not all of the questions will apply to you but read them over anyway as you may uncover things you hadn't thought. Complete as many as you can.

GETTING CLEAR ON YOUR GOAL:

The Main Problem I'm Working On Is....

Example – My anxiety or my relationship with my partner.



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1a) What I Want Instead (My Goal) Is...

Example – To be able to calm my anxiety (and other overwhelming feelings) when they arise or I want to express myself better in my relationship and feel closer to my partner.

1b) What Do You Understand So Far About How Your Thoughts, Feelings and Actions Fit Your Core Beliefs Underneath? Is There More You Need To Find Out About This?

Example – I know my self-critical thoughts increase my feelings of anxiety and this makes me over-talk or over-work (depending on the situation) to compensate. I could do with finding out more about the core beliefs I have that are contributing to this or

I imagine my partner will get upset if I'm honest about how I feel when I'm angry or upset etc so I tell him I'm fine when I'm not. I then feel resentful and withdraw from him, sometimes for days at a time. The core belief is that he'll be upset if I'm honest and we'll argue.



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1c) How Long Has This Been A Problem For You? What's Your Earliest Memory of It Happening?

Example – I've had anxiety since I lost my mum 3 years ago or I've always struggled to speak up for myself in relationships - I know I'm a 'People Pleaser'. My earliest memory of it is being back in school and going along with what friends wanted.

1d) If You Were Ready To Change This, What Might Worry You or Hold You Back?

Example – Although I don't like the feeling of the anxiety, I worry that if it wasn't there I'd miss something and make a mistake at work or in one of my relationships *or*

I worry if I was honest I'd upset my partner or we'd get into an argument. I don't know if our relationship is strong enough to get through that.



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1 e) What Might You Need To Learn More About To Help You Move One Step Forward?

Example – I need to learn ways to calm my emotions but I also need to learn ways to raise my confidence so I'm not so worried about getting things wrong or

I could do with learning new ways to communicate, work out ways to compromise and how to 'make it up' if we do argue or disagree about something.



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YOUR PLAN OF 'BIG-ENOUGH' STEPS:

2) Considering The Info Gathered Above, Write Out Your List of 'mini-goals' or 'Big-Enough Steps' That Lead Up To Successful Completion Of Your Main Goal.

Example – 1) Look at ways to raise my self-esteem with my counsellor, including why I'm so worried about making mistakes. 2) Learn and practice ways to calm my anxiety. 3) Start 'trying out' my news of behaving in work or in friendships or

1) Explore my relationship in counselling and find out why I'm so scared of conflict etc. 2) Learn new ways of communicating. 3) Find ways to put this into practice with my counsellor's help.



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2a) I Will Review This Goal In...

Examples – 4 Weeks, 3 months, whatever time scale feels comfortable for you.

YOUR REVIEW

Read back over your previous answers then consider the following:

3) What's Changed / What benefits are you noticing?

Examples – I'm feeling less anxious which means I feel less in crisis and more able to enjoy things I used to or I'm understanding where my patterns of relating come from and starting to think about what I need to receive in my relationships, rather than what I need to give.



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3a) Are Your Sessions Challenging or Not Challenging Enough?

Examples – Yes it's about right and I'm pleased with my progress or progress feels slow and although part of me is frustrated, I'm facing up to some hard things and would find it difficult if it was more challenging.



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3b) Have You Reached Any Goals Yet? Or Do Your Goals Need Changing / Adapting?

Examples – Yes I've already reached some smaller goals and feel like I'm on track or I'm starting to see the value of self-care and need to add this to my goals.

BEST OF LUCK!