



COUNSELLING & COACHING

KIRSTY MCGOVERN

*Your
Essential
Guide To
Changing
Anything In
Counselling*

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

CHAPTER 2 - WHAT'S STOPPING YOU GETTING THE HELP YOU NEED?



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'YOUR TURN' WORKSHEET: CHAPTER 2

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

IDENTIFY & OVERCOME YOUR BLOCKS

Q What's Stopping You Getting The Help You Need?

Information is power but without action it's meaningless. I invite you to complete the following exercise to begin transforming your obstacles into challenges and taking the first steps to overcoming them (continue your answers on a separate sheet if needed).

1) Write Down The Main Challenge That's Blocking Your Path.

Use the list in Chapter 2 or one of your own. If there's more than one, list as many as you need and complete this exercise for each of them.

Example - MONEY

MAIN CHALLENGE:



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2) Why Is This A Challenge For You?

Example – 1) I feel guilty over spending money on myself. 2) I don't know what my friends or family will think or say about it. 3) I don't know if it'll work and I'm worried I'll regret it.

1) _____

2) _____

3) _____



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3) List 3 Reasons You Really Must Get Past This.

This could be things that affect you or other people you care about.

Example – 1) Getting help with my anxiety will improve my health, wellbeing and sleep. 2) If I'm more relaxed I can spend quality time with the kids. 3) I can start enjoying life again.

1) _____

2) _____

3) _____



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4) Brainstorm 3 Ways That Could Help You Get Round This

Example – 1) Find out more about how counselling could help anxiety – look online & contact counsellors. 2) Challenge my belief that it's wrong to spend money on myself – I don't even know where that came from! 3) Talk to my friend Claire, she had counselling and she could help me decide if it's right for me.

1) _____

2) _____

3) _____

That's it! If you have more than one challenge holding you back, complete this exercise for all of them.