



COUNSELLING & COACHING

KIRSTY MCGOVERN

*Your
Essential
Guide To
Changing
Anything In
Counselling*

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

CHAPTER 5 WHAT'S THE PROBLEM?



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'YOUR TURN' WORKSHEET: CHAPTER 5

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

Q What's The Problem?

Complete this question sheet before starting your counselling and you'll be going in fully prepared.

1) Main Problem, Concern or Issue To Work On

(Example - Low mood / anxiety / addiction / relationship issues.)



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2) List 5 Ways This Is Affecting You and / or The People Around You

This could be things you're doing (or not doing) or it could be unwanted thoughts or feelings. Your answers to question sheet 'What's Stopping You Getting the Help You Need' from Chapter 2 can help.

Examples – Your low mood could be making it difficult to get out of bed in the morning. Or your anxiety could be causing you to worry what others think of you. Write down whatever comes to mind.

Note – It can be difficult facing the things that are wrong and you may feel some guilt or shame. **But remember you're doing this because you've decided to take action and despite what it feels like, this *is* a positive step.**

1) _____

2) _____



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3) _____

4) _____

5) _____



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3) List 5 Ways You'd Prefer it to Be Instead

For this section, take your answers above and one by one reverse them to describe their opposite in as much detail as possible – including how it would feel.

Example – If you're finding it difficult to get up in the morning you may like to set your alarm and get up feeling refreshed and motivated for the day. Or you'd like to meet new people and not worry what they think of you, preferring instead to enjoy the social interaction feeling calm and relaxed.

Note - This may feel new, unfamiliar and frankly a little impossible right now. That's fine, you don't have to believe it or know how you'll do it. You're just starting to think about how things could be if you didn't have the problem.

1. _____

2. _____



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3. _____

4. _____

5. _____

Use these answers as the basis for the goals you're setting in counselling. Refer back to them when you need to review your progress. For more on goal setting in counselling see "You Don't Have To Be Crazy..." Chapter 12 or download my free resource 'How To Set Goals In Counselling' from the Free Resources page of my website.