

CONTINUING THE WORK OF COUNSELING BETWEEN SESSIONS

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You can use the time between sessions to continue working toward your counseling goals. Thinking about and answering the following questions can help accelerate your progress.

What	t are the goals for counse	ling that you start	ed out with or st	ated most recent	ly?	

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What can help you in the process of moving toward your goals?	
What gets in the way of moving toward your goals?	

3.	What do you want to remember most from your previous counseling sessions?
	(This may be a specific skill or strategy. It may be an idea or insight. It may be something gained from the counseling relationship, such as the feeling of being listened to or supported.)
	How can you use this information between sessions? (Be specific. For instance, imagine yourself in a specific situation in your day to day life utilizing your new insights or strategies.)

4.	Jot down things that occur to you between sessions that you might want to bring up during your next counseling session. These may include difficult situations you encounter that illustrate your challenges, times when you were able to handle a situation better than you have in the past, relevant insights or thoughts about your situation, or reflections on how counseling is going for you and any questions you may have.