



Counselling: How can I prepare for my counselling?

You are welcome to simply attend your first counselling meeting and your counsellor will guide you; however, if you'd like to complete this form and bring it to your first counselling meeting, it may assist you and your counsellor as you begin your counselling process.

1. When I succeed in counselling, the behaviour I would most like to change is? (ie. Less anxious thinking, improved sleep, more joy in my day, better communication/intimacy in my relationship.)

2. What gets in the way of me changing this behaviour? (ie. I don't know how, alcohol, I'm too anxious, social isolation, hopeless thinking, lack of motivation, disorganization, low self-esteem, I'm not sure.)

3. What history may be contributing to the above?

4. If I were to sabotage/disengage from my counselling, what would it look like? (ie. I'd cancel my sessions, I'd not tell the counsellor when I disagree with them and then disengage, I'd not stop prioritizing my goals and counselling, I'd get distracted from what matters most to me and avoid the work counselling takes.)

5. Being open with your counsellor is imperative to your success in counselling. If your counsellor says something you do not understand or may disagree with, it is best to bring this to their attention either during your appointment or in the following meeting with them the best you can. This will help keep your relationship clear and ensure your time together focuses on your counselling goals.

Thank you for taking the time to complete & share this form with your counsellor and thank you for trusting BCG to be here to support your personal growth.