

MAKING THE MOST OF

Counseling

PRE COUNSELING

- Pray! Ask God to help you be open and willing.
- Identify your goal(s).
- Show up. Ask a trusted friend to check in to keep you accountable.
- Do your research and find the right fit.
- Be curious. Go with an attitude of discovery.
- Practice deep breathing if you feel anxious.
- Tell your counselor how you feel about counseling during counseling.
- Be prepared to jot down notes.
- Commit! Counseling is more transformative when done consistently over a period of time.

POST COUNSELING

- Get clarity about your homework.
- Schedule time to transition back into your day.
- Do the work between sessions.
- Collaborate! If something doesn't feel right, give your counselor feedback the next time.
- Review often.
- Be patient. Lasting change happens slowly.
- Share insights with a trusted friend so they can offer support and prayer.
- If you're processing trauma, have an aftercare plan to help alleviate post-session responses.

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