



Name: _____

Date: _____

Main Goals of Counseling Questionnaire

Please identify the main problem that has brought you to counseling and rate its severity:

The main problem is _____

On a continuum “None” to “Extreme”, how much distress are you experiencing from this problem?
(Please circle one):

None Some A Large Amount Extreme

Please identify three main goals that you would like to address in counseling.

1. _____
2. _____
3. _____

What about your present behavior do you want to change?

What feelings do you want to alter (i.e., increase or decrease)?

What benefits do you expect to derive from therapy?

What characteristics should the ideal therapist possess?

How would you describe the ideal therapist’s interactions with a client?

What do you think therapy will do for you?

How long do you think your therapy should last?

In a few words, what do you think counseling is all about (in terms of goals, methods, nature of the relationship between therapist and client, etc.)?