UNDERSTANDING YOU AND YOUR DIFFICULTIES:

HOW FORMS AND QUESTIONNAIRES CAN HELP

IN SITUATIONS WHEN:
- there isn’t time to say everything you might want to
- you feel embarrassed or scared to say things out loud to a therapist or counsellor
- the issue might not seem so important - but actually is
- you feel too ‘under the spotlight’ in counselling, particularly early on

OR IF YOU WANT TO:
- say things in a different way
- remember things that you want to say
- write things that might be more difficult to say aloud.

Having a shared understanding with your therapist is important, which is why forms might be used at different times including:
- the first time you go for counselling or therapy
- after each session
- before you leave counselling or therapy.

IF YOU NEED EXTRA HELP WITH QUESTIONNAIRES AND FORMS:
- Your therapist or counsellor will be able to help by reading questions aloud and explaining them, but the bottom line is that the questionnaire or form should be helpful and you should feel comfortable completing it.
- It is OK not to fill in a questionnaire or form – you should never feel pressured to complete something that you don’t understand or want to do – this is about you after all!