

Assessment When Ending Counseling

Write your answers on a separate sheet of paper, if necessary

1. Describe the problem that initially brought you into counseling.
2. Summarize the things you have learned (about God, yourself, others, life, gospel, your living situation, etc.).
3. By God's grace, what are the things that have changed since you began counseling (list specific changes you have made to become more like Christ and please God)
4. What are things / areas you still need to learn more about (areas of confusion or doubt), and what are things / areas that still need to be changed?
5. What is your plan to continue to address these areas? What are the things you have put in place to keep you changing and growing in these areas?