

Making the Most of Counseling

To a large degree, the progress you make in counseling will depend on your active and genuine involvement. Here are some things you can do to enhance your experience in counseling:

- ▶ Attend all of your scheduled counseling sessions, or let your counselor know if you have to miss.
- ▶ Honestly and openly voice your thoughts and feelings in counseling.
- ▶ Between sessions, think through the concerns you are addressing in counseling.
- ▶ Complete your counseling homework assignments.
- ▶ Experiment with new and positive ways of doing things and thinking about things.
- ▶ Give your counselor feedback about how counseling is going.
- ▶ Make use of drop-in hours and other emergency services as needed.