



Waves of the Counseling Relationship

When thinking about coming to counseling, what did you notice in your body and feel?

When we first met, what did you notice in your body and feel?

As we are talking about the counseling process, what are you noticing in your body and feeling?

What does this remind you of? What's familiar about this?

How does what we have done so far compare to what you thought about counseling?

What do you think about counseling now?

How can this influence our work together?

