



## *Counseling & Consulting, LLC*

Please take a moment to answer the following questions. Your responses will help me have a snapshot of your concerns and hopes for today's conversation.

What lead you to seek a consultation today? How is it you decided that it is now time to address this concern?

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How is it a problem? How long has it been a concern for you/ for others?

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What have you tried to do about this concern? Has it worked and if not what do you guess is the reason it did or did not work??

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How will you know the concern is resolved?

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Who is impacted by this concern? Who has tried to help you?

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What is the worst that could happen if it is not resolved?

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What is the best that could happen if it is resolved?

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What gives you hope that things will be resolved?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_