

Tracking Your Development in Confidence as a Counselor

UTPA EPSY 6365 with Dr. Sparrow

On a scale of 1-5, where 1 is "Not much," and 5 is "Very much" --

Please assign a number to the following statements for the particular week # of our class.

When it comes to leading a group, I am concerned that...

Week:

1 5 6 7 8 9 10 11 12 13 14 15 **Totals**

	1	5	6	7	8	9	10	11	12	13	14	15	Totals	
														My client will react negatively to what I say, and I won't know how to handle it.
														My client will be afraid of talking, and I won't know how to help them open up.
														My client will become very emotional, and I won't know what to say to be helpful.
														I will say or do the wrong thing, and I will hurt the client's feelings.
														I tend to be shy and may be unable to speak up when I need to.
														I will lose a sense of direction, and feel lost and confused.
														I won't know how to keep the process going, and the client will become silent.
														I tend to be very emotional, and could become emotional when listening to clients.
														I will think too much about the right and wrong way to do things.
														I will overlook something very important, and let my client down.
														I will want to share too much, and may lose my objectivity as the helper.
														I will want to give advice, rather than letting the client make their own decisions.
														My client will be so depressed that he/she may consider suicide and I won't know what to do.