

COUNSELLING DECISION: Is Counselling a Constructive Next Step?

Instructions:

Please answer individually and honestly. There are no right or wrong answers.

This questionnaire is about **readiness**, not blame.

1. WILLINGNESS

- On a scale of 1–10, how willing are you to try counselling?
(Score between 1 not willing to 10 extremely willing) _____
- Are you open to examining **your own role** in what went wrong?
(Place Cross) Yes _____ Unsure _____ No _____
- Are you willing to continue counselling even if progress feels slow or uncomfortable?
Yes _____ Unsure _____ No _____

2. EMOTIONAL CLIMATE

- Which emotion(s) best describes how you feel about counselling *together* right now?
(Choose 1 or more) Hope _____ Anxiety _____ Anger _____ Exhaustion _____ Indifference _____
- Do you think you can speak in a counselling session without escalation or shutdown?
Yes _____ Unsure _____ No _____
- Do you feel emotionally safe enough to be honest in a counselling session?
Yes _____ Unsure _____ No _____

3. MOTIVATION CHECK

- My main reason for considering counselling is to: (You can choose more than one)
Repair the relationship _____
Gain clarity before deciding _____
Reduce conflict / improve co-parenting _____
Meet expectations of others _____
- Would counselling still be worthwhile if it led to **clarity or closure**, not reconciliation?
Yes _____ Unsure _____ No _____

4. RELATIONSHIP REALITY

- Which of these still exists to some degree? (You can choose more than one)
Respect _____ Trust _____ Friendship _____ Emotional connection _____ None of these _____
- Do you believe the core problems are potentially **workable** with help?
Yes _____ Unsure _____ No _____

5. PRACTICAL READINESS

- Are you willing to attend **at least 6–8 sessions** if you proceed? Yes _____ Unsure _____ No _____
 - Are there issues that must be addressed **before** counselling? (e.g. active addiction, ongoing betrayal, intimidation, other: _____) Yes _____ Unsure _____ No _____
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6. CLOSING REFLECTION

- Right now, counselling feels like: (choose the most applicable one)
A genuine opportunity _____
A step toward clarity _____
Premature _____
Something I am not willing to do _____
- What would need to take place via counselling so that it would be useful for you? Answer with one sentence:

