

## SELF-INVENTORY OF MAJOR CONCERNS AS A BEGINNING COUNSELOR

Not Concerned	Slightly Concerned	Middle-of-the-road	Moderately Concerned	Very Concerned
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

1. \_\_\_\_ I am concerned that my anxiety will keep me immobilized, and that I will be very passive as a counselor, lest I make mistakes.
2. \_\_\_\_ I fear that I will be so concerned about being appropriate that I will forget to be myself.
3. \_\_\_\_ I might say too much about myself, and in doing so I will burden the client and also take the focus off the client and put it on myself.
4. \_\_\_\_ I think that I should be pretty near perfect, and that if I blunder I could really mess up my client.
5. \_\_\_\_ I wonder how honest I should be with a client.
6. \_\_\_\_ I will feel threatened during moments of silence, thinking that I am expected to do something.
7. \_\_\_\_ It will be difficult for me to deal with demanding clients.
8. \_\_\_\_ I will feel helpless with clients who are not committed to working or with involuntary clients.
9. \_\_\_\_ I will probably demand instant results as a way of avoiding getting discouraged.
10. \_\_\_\_ I have an expectation that I should be able to help every client.
11. \_\_\_\_ I worry a lot about whether I am doing the right thing.
12. \_\_\_\_ I worry that I might over-identify with certain clients to the extent that I will take their problems on as my own.
13. \_\_\_\_ I think that I might be inclined to give too much advice.
14. \_\_\_\_ I can see myself trying to persuade clients to value what I value.
15. \_\_\_\_ I have trouble in deciding how much responsibility is mine and how much is my client's responsibility.
16. \_\_\_\_ I have real doubts about my ability to help someone who is in crisis.
17. \_\_\_\_ I worry about sounding mechanical and merely "following the book."
18. \_\_\_\_ A concern of mine is that I will get burned out.
19. \_\_\_\_ I am concerned about giving everything I have and then not getting appreciation in return.
20. \_\_\_\_ I wonder if I can do what I believe is important as a counselor and still work within the system.