

NAME: _____

DATE: ___/___/___

***Self-Inventory of Major Concerns as a Beginning Counselor**

Much of Corey's chapter 2 deals with common concerns facing beginning counselors. Apply each statement to yourself, and determine to what degree this is a concern you face as you think about beginning to counsel others. Use the following scale:

1 = This is rarely a concern of mine.

3 = This matter concerns me quite a bit.

2 = This is a concern I sometimes have.

4 = This issue concerns me greatly.

- ___ 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 of him or her 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 about how honest I should be with a client.
- ___ 6. I will feel threatened during moments of silence, thinking that I am expected to do or say 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.
- ___ 16. I have real doubts about my ability to help someone who is in a 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 any appreciation in return.
- ___ 20. I wonder if I can do what I believe is important as a counselor and still work within the system.

Suggestions for Using This Inventory: Go back and circle the few items that you find are your *greatest concerns*. Compare your reactions with those of fellow students. Do you have other concerns that were not mentioned above? How can you prepare yourself now so that you will be able to deal successfully with your concerns?