

Practice Exercises

Chapter 11: Skills for Fostering Awareness

Read each of the following client statements and write a challenge you might use if you were a helper with the client.

Statements

1. Client: "My family is really important to me. They mean more to me than anyone else in the world. I think about them a lot. I go home about once a year, and I call them every month or so when I'm running out of money."

Helper challenge:_____

2. Client: "I really want to go to graduate school, but I have lots of things going on right now, and I just want time for myself to travel and play. I don't think I want to study as much as I know I would have to in graduate school, but I do want to be able to get a good job as a psychologist so that I can do therapy with kids."

Helper challenge:_____

3. Client: "My parents are very religious. They tell me I have to go to church every Sunday as long as I'm living at home. I know I have to do it to please them, but I feel so confused about the whole topic. I don't know what I believe, and nothing makes sense. I feel like I'm going through the motions. I feel guilty even talking about this though, because they would be so upset that I don't agree with everything they say."

Helper challenge:_____

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4. Client: "The guy I was going with said that he wants us just to be friends. He asked me to go to California with him on a big trip, but just as friends. I don't know if I should go. I still like him a lot. Maybe if I went, he would start liking me again. I don't know what I did that made him quit liking me."

Helper challenge: _____

Possible Helper Responses

1. "You say your family is important to you, but you don't call them."
"You told me your family is important to you, but you seem to talk to them only when you want money."
2. "You want the things that come from having a graduate degree, but you aren't so sure you want to do what it takes to get the degree."
"You say you want to get a graduate degree, but your voice doesn't sound very enthusiastic as you talk."
3. "You want to please your parents, but you also really want to figure out for yourself what you believe."
"You feel guilty that you might believe something that your parents don't, but perhaps you also feel angry that they don't allow you to have your own feelings."
4. "You want to go, but you're not sure if you should."
"You are really upset that this guy doesn't want to be romantically involved anymore, but you think you can get him to change his mind."