

## Practice Exercises

### Chapter 12: Interpretive Skills

For each of the following examples, write an open question for insight, an interpretation, and a disclosure of insight.

#### *Statements*

1. Client: I'm not doing very well in school right now. I'm sure it's my study skills. I just don't seem to be able to concentrate—I keep gazing out the window instead of getting my work done. I try to make myself stay at my desk more and more, but I seem to be getting less done. I broke up with my boyfriend so I could have more time to study, but it just doesn't seem to be working.

Helper open question for insight \_\_\_\_\_  
\_\_\_\_\_

Helper interpretation: \_\_\_\_\_  
\_\_\_\_\_

Helper disclosure of insight: \_\_\_\_\_  
\_\_\_\_\_

2. Client: I'm about ready to graduate and I need to decide what I'm going to do next with my life. I'm getting a lot of pressure from my parents, but I can't quite figure out what I want to do. I keep having this recurrent dream where I flunk out of a math class. I can never seem to get to class, and when I do get there, I don't understand any of the work. I never get to the

tests on time, and I know I'm going to flunk out. I don't know why I keep having this dream.  
Math has always been difficult for me, but I got an A in my last math class.

Helper open question for insight \_\_\_\_\_

\_\_\_\_\_

Helper interpretation: \_\_\_\_\_

\_\_\_\_\_

Helper disclosure of insight: \_\_\_\_\_

\_\_\_\_\_

3. Client: I really love my boyfriend and I want to get married, I really do. But you know recently I have not wanted to see him much. Every time we're together, I find myself criticizing him. You know, he does stupid things sometimes that just irritate me. I can just imagine him drinking beer and belching in front of my father. You know, my parents still haven't met him. I don't know quite why, but I haven't wanted to take him home.

Helper open question for insight \_\_\_\_\_

\_\_\_\_\_

Helper interpretation: \_\_\_\_\_

\_\_\_\_\_

Helper disclosure of insight: \_\_\_\_\_

\_\_\_\_\_

### *Possible Helper Responses*

1. "What do you think is going on?"

"Maybe a fear of commitment keeps you from committing yourself to your schoolwork or a relationship."

"When I was in a similar situation, I found that my feelings about the breakup interfered with my schoolwork. I wonder if that's true for you."

2. "What do you suppose causes your anxiety about the future?"

"I wonder if your anxiety about your future is related to a fear of failing."

"I found that I was afraid that I would disappoint my parents if I didn't succeed. I wonder if that might be going on for you?"

3. "What thoughts do you have about why you don't want to take your boyfriend to meet your parents?"

"Maybe your fear about taking your boyfriend to meet your parents is because you're unsure about your feelings for him."

"You know there was one point for me where I realized later that I chose my partner specifically because he was so different than my father. Could that be true for you?"