
PEAK CHOICES Counseling Discussion Guide

Do each of the three steps in this process (see Peak Choices Guidelines document for more details):

1. **Fill in all the answers below, as completely and honestly as you can.**
2. **Sit and discuss your answers with a trusted peer partner or an adult counselor or sponsor; write any additional discoveries, thoughts or feelings on the printed form.**
3. **Share your answers in a group format, moderated by a counselor, instructor, or other adult sponsor. Again, write any additional discoveries, thoughts or feelings on the printed form**

With comments, suggestions, and feedback from the one-on-one discussion and from the group discussion, go back to your answers below and update them.

Answer the questions below about your counseling experience.

How much has counseling helped you?

What have you learned about yourself?

How will you apply what you've learned to how you live your life?

Why are you doing counseling?

In the future, would you seek counseling on your own, if you needed help?

Yes

No

Why or why not?

What do you NOT like about counseling?

If a close friend were considering counseling, what would you tell them?



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