COUNSELING

12 THINGS YOU CAN GET FROM SEEING A COUNSELOR:

1. A chance to discuss your concerns with a neutral, objective, and professional third party
2. A chance to get emotional support in a safe environment
3. A chance to learn new communication skills that can make you a more effective partner, parent, employee, and/or friend
4. A chance to look at things from a fresh new perspective
5. A chance to receive validation for the efforts you have already been making
6. A chance to truly acknowledge your own strengths
7. A chance to look at your weaknesses in a compassionate way and to feel hopeful about making positive changes
8. A chance to get courageous about making important decisions about your life, your career, and/or your relationships
9. A chance to know you are not alone
10. A chance to know you are not "crazy"
11. A chance to "heal" from the traumas and hurts of the past
12. A chance at a vigorous, happy new future

NOTE: If you are dealing with family issues, marital problems, interpersonal issues, emotional difficulties, grief and loss, stress, alcohol or drug problems, or job transitions, your EAP can help.

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