

Name _____

Talking to a Counselor: Unlocking the Benefits of Seeking Help

Multiple Choice Questions

1. What is one benefit of talking to a counselor or therapist mentioned in the passage?

- a) They provide medical prescriptions.
- b) They offer emotional support and listening.
- c) They share your personal information with others.
- d) They teach you to hide your feelings.

2. How can counseling improve communication skills?

- a) By avoiding all forms of communication.
- b) By encouraging negative self-perceptions.
- c) By helping express thoughts and feelings openly.
- d) By providing non-judgmental criticism.

3. Why is confidentiality important in counseling?

- a) It allows counselors to gossip about their clients.
- b) It ensures that clients can freely share their thoughts and feelings.
- c) It helps counselors share personal information with others.
- d) It is not important in the counselor-client relationship.

4. How can counseling benefit someone who has experienced a traumatic event?

- a) It makes them forget about the trauma.
- b) It provides guidance and support for healing and coping.
- c) It increases the severity of trauma.
- d) It only benefits people without trauma.

5. What famous artist's story is mentioned in the passage to illustrate the benefits of seeking help?

- a) Leonardo da Vinci
- b) Pablo Picasso
- c) Vincent van Gogh
- d) Frida Kahlo

