Name _____

Talking to a Counselor: Unlocking the Benefits of Seeking Help

Open-Ended Response Questions

1. Imagine you're feeling extremely anxious about an upcoming test. How could seeking help from a counselor benefit you in this situation? Provide at least two reasons.

2. Reflect on the story of Vincent van Gogh. How do you think counseling and support from Dr. Gachet influenced his art and well-being?

3. Why do you think confidentiality is crucial in counseling, and how might it encourage people to seek help when needed?

4. Share your thoughts on one benefit of counseling that you find most valuable and explain why.

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