

Counseling Simplified into 7 Questions

1. What do I think about that?
2. How does thinking that way make me feel?
3. Feeling that way—what do I want?
4. If what I want is NOT to feel that way, then am I willing to change my thinking to change my feeling? Or do I need the bad feeling or pain to: motivate revenge, keep drama going, keep power over others, manipulate, emotional blackmail, sympathy, get rescued, procrastinate, laziness, avoidance, escape, quitting, act out, maintain pride, demanding, sell out, phoniness, ego, or another payoff? Or am I so identified with the feeling, pain, and-or problem that I'll lose my identity or sense of self if I surrender it?
5. What do I do about the way I feel? What am I sacrificing to do that? Is doing it worth the sacrifice?
6. If feeling that way is healthy for me, then what work am I willing to do to get what I want? Will I problem-solve and work on a solution or just lazily whine, blame, and damn?
7. What will I do to cope if work won't get me what I want? Will I accept it peacefully or whine, blame, and damn until I make it worse and get myself more problems and conflicts?