



Coaching vs Counseling

Questions to help determine if coaching or counseling is the best option for you at this time

1. Do I have any symptoms that I suspect may be depression such as extreme sadness, fatigue, trouble sleeping, lack of interest in pleasurable activities, inability to focus at work or accomplish tasks and feel I need a diagnosis?
2. Do I have any symptoms of anxiety such as restlessness, fearfulness, extreme stress or panic attacks that are debilitating?
3. Am I suicidal and not currently working with a counselor?
4. Am I having extreme difficulty or discord in personal relationships with my spouse, family or close friends which is causing me to be emotional unstable?
5. Has anyone in my life expressed concern over my use of a substance (drugs or alcohol) or a behavior they feel might be harmful to me? Am I concerned about my use of a substance or a behavior that I have trouble controlling?
6. Do I feel experienced a traumatic event in my life that still creates difficulty for me that I have never processed (troubling memories, nightmares, flashbacks, fear and anxiety, etc.)?
7. Do I believe that the challenges or problems I am facing today are related to an event or a time in my past that I have never explored and need to deal with in counseling?

If you answered yes to any of these questions, counseling/psychotherapy would be the best choice for you at this time.

1. Do I feel stable in my life at this time, but would like to grow or improve in a specific area (relationships, marriage, career, health, spirituality/faith)?
2. Am I going through a time of transition in my life (following a loss, divorce, job change, illness, retirement, etc.) and need support and direction through the transition?
3. Have I found myself "stuck" in a particular area of my life where I have not been able to move forward or accomplish goals (work, weight loss, relationships, faith)?
4. Do I have dreams for my life, marriage, work or ministry that I want accountability and support in achieving?
5. Do I want to be better at some aspect of my life (health, relationships, career, ministry, etc.)?
6. Are my challenges/problems focused on today and the future?
7. Am I invested in focusing on my growth as a person vs on problems and other people?