



## Counselling For Her – Women’s Counselling Checklist

Many women reach out for support during specific seasons or stages of life. Whether it’s due to a particular experience, feeling overwhelmed, trapped, anxious, exhausted, or simply needing someone to talk to. Emotional challenges, relationship issues, motherhood, trauma, or life transitions can impact your well-being more deeply than you may have expected.

This checklist is designed to help you reflect on your past or current experiences. This is not an exhaustive list of all concerns; you can add your issues to it. The focus of this activity is for you to identify areas where you may benefit from additional support. Approach this with awareness and self-kindness, rather than judgment.

You're welcome to print it and bring it with you to your next counselling session or use it privately for personal reflection.

### Grief, Trauma & Recovery

- ☐ Grief and loss
- ☐ Miscarriage or infertility grief
- ☐ Coping with trauma
- ☐ Childhood trauma
- ☐ Past abuse recovery
- ☐ Emotional impact of health diagnoses
- ☐ Inner child healing
- ☐ Support for highly sensitive women
- ☐ Letting go of the past
- ☐ Working through regret

### Life Transitions & Purpose

- ☐ Life dissatisfaction
- ☐ Feeling stuck
- ☐ Career changes
- ☐ Midlife crisis
- ☐ Menopause mood changes
- ☐ Spiritual crisis
- ☐ Loss of direction or purpose
- ☐ Wanting personal growth
- ☐ Needing a fresh start
- ☐ Seeking meaning in life

### Emotional & Mental Health

- ☐ Anxiety and constant worry
- ☐ Panic attacks
- ☐ Depression and low mood
- ☐ Stress management
- ☐ Emotional burnout
- ☐ Emotional numbness
- ☐ Mood swings
- ☐ Overthinking
- ☐ Feeling overwhelmed
- ☐ Difficulty making decisions
- ☐ Worrying excessively about the future
- ☐ Emotional sensitivity
- ☐ Emotional triggers
- ☐ Coping with big emotions
- ☐ Wanting to feel happy again
- ☐ Seeking emotional balance
- ☐ Desiring inner peace
- ☐ Rebuilding emotional resilience

### Motherhood & Parenting

- ☐ Parenting stress
- ☐ Overwhelm as a mum
- ☐ Motherhood identity loss
- ☐ Postnatal depression
- ☐ Postnatal anxiety
- ☐ Adjusting to being a single parent
- ☐ Parenting teenagers
- ☐ Burnout from caregiving
- ☐ Lack of support as a mother
- ☐ Emotional load of motherhood

### Relationships & Communication

- ☐ Relationship problems
- ☐ Communication difficulties
- ☐ Trust issues
- ☐ Codependency
- ☐ Difficulty letting go
- ☐ Conflict in relationships
- ☐ Divorce support
- ☐ Separation recovery
- ☐ Emotional detachment
- ☐ Intimacy struggles
- ☐ Trauma bonding recovery
- ☐ Feeling invisible or unheard
- ☐ Navigating blended families
- ☐ Rebuilding life after toxic relationships