

Counselling: Risks and Benefits

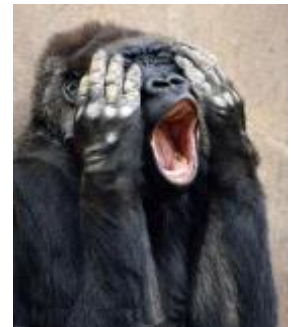
Potential Benefits:

- ✓ Gain and improve coping tools
- ✓ Increased personal insight and understanding
- ✓ Personal empowerment, healing, & growth
- ✓ Improved relationships
- ✓ Improved Communication
- ✓ Increased well-being
- ✓ Improved emotional management and processing
- ✓ Increased confidence & self-esteem



Potential Risks:

- Bringing up unpleasant events
- Stirring up unpleasant feelings
- Disrupting relationships – It is common that when you make significant changes in your life, that not everyone in your life will be accepting of them



* If you want to see change in your life, expect to put energy into making the changes. Engaging in counselling is WORK!

