Mental Health Worksheet

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CENTER FOR PSYCHOLOGICAL WELL-BEING

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Ready to test your **Counselling Skills?**

	Yes	No
I am empathetic and understanding towards the clients.	☐	☐
I'm very observant of the client's facial expressions, tone, body language.	☐	☐
I not only actively listen to what the client says but also try to listen what is unsaid.	☐	☐
I try to make the client feel understood by actively reflecting and paraphrasing.	☐	☐
I always try to provide unconditional positive regard & compassion to the client.	☐	☐
I always ensure my client's confidentiality and maintain their privacy and trust.	☐	☐
I always maintain a non-judgemental & open-minded attitue towards the client.	☐	☐
I always try to stay patient & calm with the client and give them time to open up.	☐	☐
I always try to communicate clearly and keep non-verbal cues in mind as well.	☐	☐

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Scoring & Reflection

SCORING

Count the number of times you chose 'YES', if it is:

- 1-3 times, you must try to enhance your skills!
- 4-6 times, you are becoming a good counsellor.
- 7-9 times, yay you've the perfect skills!

REFLECTION

Take a moment to reflect on all the counselling skills that are necessary to be a good counsellor. Write down two specific ways in which you can improve your skills.

1.

2.

Remember, you deserve to be surrounded by the people who love you and support you while respecting you and your boundaries.

Note: This is a basic skills assessment worksheet.