

✓ Is Counselling Right for Me? A Gentle Self-Assessment for Life

Transitions, Emotional Wellbeing, and Spiritual Growth

Instructions:

Read each statement and reflect on how true it feels for you. Use the scale below to rate each item:

- 0 Not at all true
- 1 Somewhat true
- 2 Mostly true
- 3 Very true

○ En	notional & Mental Wellbeing				
1.	I often feel overwhelmed, anxious, or emotionally stuck.	1	2	3	4
	I struggle to manage stress or bounce back from setbacks.	1	2	3	4
3.	I've experienced loss, trauma, or major change that I haven't fully processed.	1	2	3	4
4.	I feel disconnected from myself or unsure of my identity.	1	2	3	4
Lif	Life Transitions & Relationships				
1.	I'm going through a significant life change (e.g., migration, career shift, parenting challenges).	1	2	3	4
2.	My relationships feel strained, distant, or confusing.	1	2	3	4
3.	I find it hard to communicate my needs or set healthy boundaries.	1	2	3	4
4.	I feel alone in navigating cultural or generational differences.	1	2	3	4

🙏 Faith & Purpose				
 I'm wrestling with questions about faith, meaning, or direction. 	1	2	3	4
I long for a safe space to explore spiritual concerns without judgment.	1	2	3	4
3. I want to integrate my values and beliefs into how I live and relate to others.	1	2	3	4
4. I feel called to grow, but I'm unsure where to begin.	1	2	3	4

® Reflection & Next Steps

- **0–12:** You may be coping well, but a conversation with a counsellor could offer fresh insight or support.
- 13–24: You're likely facing challenges that could benefit from professional guidance.
- 25–36: Counselling may be a vital next step in your journey toward healing, clarity, and growth.

Encouragement

Counselling isn't just for crisis—it's for anyone seeking deeper understanding, emotional freedom, and purposeful living. If this assessment resonates with you, I invite you to explore how **Hope Is Mine Counselling** can walk alongside you.

Hope Is Mine Counselling & Training

Melbourne, Australia

www.hopeismine.com.au

Empowering individuals and families through faith, cultural sensitivity, and practical support

