

**COUNSELING TECHNIQUES ENTRY ASSESSMENT
AND SKILL DEVELOPMENT - PART 1**

Response Development Exercise, COUN 200

Name: _____ Date: _____

Excerpt 1:

"I love my children and my husband, and I like doing most household things. It really gets boring at times, but on the whole, I think it can be a really rewarding thing. I don't miss working and going to the office every day. Most women really complain of being just a housewife and just a mother. But, then again, I wonder if there is more for me. Others say there has to be. I really don't know."

Response: _____

Excerpt 2:

"I'm really excited. We're going to California! I'm gonna' have a second lease on life! I've found a marvelous job and it's just great! It's so great; I can't believe it's true! It's just so great! I can have a secretarial job, I can be a mother and have a part-time job, which I think I'll really enjoy. I can be home when the kids get home from school. It's too good to be true! It's so exciting! New horizons are unfolding and I just can't wait to get going. It's great!"

Feeling word(s): _____

Response: _____

Excerpt 3:

"He is ridiculous! Everything has to be done when he wants to do it, the way he wants it done! It's as if no one else exists! It's everything he wants to do! There is a range of things I have to do, not just be a housewife and take care of the kids. Oh no, I have to do his typing for him, errands for him, and if I don't do it right away, I'm stupid -- I'm not a good wife or something stupid like that! I have an identity of my own and I'm not going to have it wrapped-up in him! It makes me ... It infuriates me! I want to punch him right in the mouth! What am I going to do? Who does he think he is, anyway?"

Feeling word(s): _____

Response: _____

Excerpt 4:

"I'm so thrilled to have found a counselor like you. I didn't know any existed. You seem to understand me so well. It's just great. I feel like I'm coming alive again, and I haven't felt this way in so long."

Feeling word(s): _____

Response: _____

Excerpt 5:

"Those people! Who do they think they are? I just ... I ... I just can't stand interacting with them anymore! They're ... they're just a bunch of phonies. They make me so frustrated. And I ... well, they make me so anxious. I get angry at myself! I ... I don't even want to be bothered with them anymore. I ... I just wish ... I wish I could be completely honest, and wish I could just tell them all to go to hell. But, I guess I just can't do that."

Feeling word(s):

Response:
