

**COUNSELING TECHNIQUES ENTRY ASSESSMENT
AND SKILL DEVELOPMENT - PART 2**

Response Rating 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."

"Professional" Responses:

- _____ 1. "Hmmm. Who are these other people?"
- _____ 2. "So, you find yourself raising a lot of questions about yourself -- educationally and vocationally."
- _____ 3. "Why are you dominated by what others seek for you? If you are comfortable and enjoy being a housewife, then continue in this job. The role of mother, homemaker can be a full-time, very self-satisfying job."
- _____ 4. "While others raise these questions, these questions are very real to you. You don't know if you can find more fulfillment than you have."

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!"

"Professional" Responses:

- _____ 1. "Don't you think you're biting-off a little more than you can chew? Don't you think that working and taking care of the children will be a little bit too much? How does your husband feel about this?"
- _____ 2. "Hey, that's a mighty good feeling. You're really on your way now. Even though there are some things you don't know along the way, it's just exciting to be going."
- _____ 3. "Let me caution you to be cautious in your judgment. Don't be too hasty. Try to get settled first."
- _____ 4. "It's a good feeling to contemplate doing these things."

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?"

"Professional" Responses:

- _____ 1. "He really angers you when you realize in how many ways he has taken advantage of you."
- _____ 2. "Tell me, what is your concept of a good marriage?"
- _____ 3. "Your husband makes you feel inferior in your own eyes. You feel incompetent. In many ways you really make him sound like a very cruel and destructive man."
- _____ 4. "It makes your furious when you think of the one-sidedness of this relationship. He imposes on you everywhere, particularly in your own struggle for your own identity, and you don't know where this relationship is going."

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."

"Professional" Responses:

- _____ 1. "Gratitude is a natural emotion."
- _____ 2. "This is quite nice, but remember, unless extreme caution is exercised, you may find your self moving in the other direction."
- _____ 3. "That's a mighty good feeling."
- _____ 4. Hey, I'm as thrilled to hear you talk this way as you are. I'm so pleased that I've been helpful. I do think we still have some work to do yet, though."

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."

"Professional" Responses:

- _____ 1. "They really do make you very angry. You wish you could handle them more effectively than you do."
- _____ 2. "Damn, they make you furious! But it's just not with them, it's with yourself, too, because you don't act on how you feel."
- _____ 3. "Why do you feel these people are phony? What do they say to you?"
- _____ 4. "Maybe society itself is at fault here, making you feel inadequate, giving you this negative view of yourself, leading you to be unable to successfully interact with others."