

Counselor, are you stuck with a difficult counseling situation that just does not seem to be moving forward? Is it possible that **YOU** have failed in your handling this situation? Here is a list of questions you should ask yourself:

- 1 Is the counselee truly a Christian?
- 2 Has there been genuine repentance?
- 3 Is there a vital commitment to the Biblical change?
- 4 Are our agendas in harmony?
- 5 Do you have all the necessary data?
- 6 Are you trying to achieve change in the abstract or concretely?
- 7 Have you been intellectualizing?
- 8 Would a medical examination be in order?
- 9 Are you sure you know the problem(s)? Is more data gathering necessary?
- 10 Are there other problems that must be settled first?
- 11 Have you been trying to deal with the issue while ignoring the relationship?
- 12 Did you give adequate scriptural help?
- 13 Did you minimize?
- 14 Have you accepted speculative data as true?
- 15 Are you regularly assigning concrete homework in written form?
- 16 Would using a D. P. P. form help?
- 17 If this is a life-dominating problem, are you counseling for total restructuring?
- 18 Are you empathizing with self-pity?
- 19 Are you talking about problems only or also about God's solutions?
- 20 Have you carefully analyzed the counselee's attitudes expressed in his language?
- 21 Have you allowed counselees to talk negatively about others behind their backs?
- 22 Has a new problem entered the picture, or has the situation changed since counseling sessions began?
- 23 Have you been focusing on the wrong problem?
- 24 Is the problem not so complex after all, but simply a case of open rebellion?
- 25 Have you failed to move forward rapidly enough in the giving of homework assignments?
- 26 Have you as a counselor fallen into some of the same problems as the counselee?
- 27 Does doctrinal error lie at the base of the problem?
- 28 Do drugs (tranquilizers, etc.) or sleep loss present a complicating problem?
- 29 Have you stressed the put-off to the exclusion of the put-on?
- 30 Have you prayed about the problem?
- 31 Have you personally turned off the counselee in some way?

- 32 Is he willing to settle for something less than the scriptural solution?
- 33 Have you been less aggressive and demanding than the Scriptures?
- 34 Have you failed to give hope by calling sin “sin”?
- 35 Is the counselee convinced that personality change is impossible?
- 36 Has your counseling been feeling-oriented rather than commandment-oriented?
- 37 Have you failed to use the full resources of Christ (e.g., the help of the Christian community)? Are others from without bringing a negative influence on him?
- 38 Is church discipline in order?
- 39 Have you set poor patterns in previous sessions (e.g., accepting partially fulfilled homework assignments)?
- 40 Do you really know the Biblical solution(s) to his problems? (Can you write it out in thematic form?)
- 41 Do you really believe there is hope?
- 42 Has the counselee been praying, reading the Scriptures, fellowshiping with God’s people, and witnessing regularly?
- 43 Should you call another Christian counselor for help (with the counselee’s knowledge, of course)?
- 44 Would a full rereading of your Weekly Counseling Records disclose any patterns? Trends? Unexplored areas?
- 45 Have you questioned only intensively? Extensively?
- 46 Have you been assuming (wrongfully) that this case is similar to a previous case?
- 47 Has the counselee been concealing or twisting data?
- 48 Would someone else involved in the problem (husband, wife, parent, child) be able to supply needed data?
- 49 Are you simply incompetent to handle this sort of problem?
- 50 Are you reasonably sure that there is no organic base to the problem?

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