

Appendix E

Counselor Interview & Reflection Guide

Developed Lifestyle: Understanding and Practicing Personal Wellness

<i>Focus</i>	<i>Intervention</i>
Introducing Wellness	<p style="text-align: center;">Steps to Introducing Wellness</p> <p><i>Step 1: Orientation</i></p> <p>“I feel like I am getting a pretty good idea of what you wish to accomplish during our time together. Often, counseling goals can reflect decisions that not only address your initial concerns but also work to increase your overall well-being and life satisfaction, as well as preventing future illness. Would it be all right with you if we take time explore how the counseling goals we identified might also consider ongoing lifestyle decisions?”</p> <ul style="list-style-type: none"> • “What does wellness <i>mean</i> to you as you think about your life now?” <p><i>Step 2: Presenting the Model</i></p> <p>“The following wellness model represents a way to look at ourselves as an interplay among our essential, creative, coping, physical, and social life aspects.” (Show model and briefly define each core component.)</p> <p>“Before we explore these areas more fully, it might be helpful to start with your initial impressions.”</p> <ul style="list-style-type: none"> • “What strikes you about the wellness model?” • “As you consider the main headings in the circles of wellness, what things come to mind?” • “What areas of wellness do you believe might assist with successfully addressing your expectations for counseling?”

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Focus	Intervention	
Envisioning Wellness	<i>Overall Wellness</i>	<i>On a scale of 1 to 10, identify the number that best reflects your overall wellness and your satisfaction.</i>
	Overall Wellness	1 2 3 4 5 6 7 8 9 10
	Satisfaction	1 2 3 4 5 6 7 8 9 10
	<i>Essential Self (Transcendence)</i>	<i>On a scale of 1 to 10, identify the number that best reflects your overall spiritual wellness and your satisfaction with your spiritual wellness.</i>
	Perception	1 2 3 4 5 6 7 8 9 10
	Satisfaction	1 2 3 4 5 6 7 8 9 10
	<i>Strengths</i>	<i>“What strengths appear to assist or to hinder your satisfaction in this wellness area?”</i>
	<i>Coping Self (Temperance)</i>	<i>On a scale of 1 to 10, identify the number that best reflects your overall wellness in responding to life’s circumstances as well as your satisfaction.</i>
	Managing Stress	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Sense of Worth	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Realistic Beliefs	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Leisure	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Strengths	<i>“What strengths appear to assist or to hinder your satisfaction in each component of your Coping Self?”</i>

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	<table border="1"> <tr> <td data-bbox="568 306 772 458"><i>Social Self (Humanity and Love)</i></td> <td data-bbox="772 306 1297 458">On a scale of 1 to 10, identify the number that best reflects your overall wellness in your daily relationships as well as your satisfaction.</td> </tr> </table>	<i>Social Self (Humanity and Love)</i>	On a scale of 1 to 10, identify the number that best reflects your overall wellness in your daily relationships as well as your satisfaction.
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Integrating Wellness	<i>Creative Self (Wisdom and Knowledge)</i>	On a scale of 1 to 10, identify the number that best reflects your overall wellness in your skills for daily living as well as your satisfaction.
	Problem Solving and Creativity	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Sense of Control	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Sense of Humor	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Emotional Awareness and Coping	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	Work	Perception: 1 2 3 4 5 6 7 8 9 10 Satisfaction: 1 2 3 4 5 6 7 8 9 10
	<i>Strengths</i>	“What strengths appear to <i>assist</i> or to <i>hinder</i> your satisfaction in each component of your Creative Self?”
	Bridging Questions	“As you reflect on your areas of personal wellness, which do you believe might have been partly responsible for the concerns you entered counseling with?” “Which wellness areas might have assisted in keeping things from getting worse and your head above water?”

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	Future Questions	<p>“Often as counseling goals are reached, areas of wellness also shift. Which wellness areas will be different as life becomes more on track? How will they look different then in comparison to now?”</p> <p>“Imagine yourself in the future when you feel more in balance with your overall wellness. Tell me where you are, what you are doing and saying, and what others around you are doing and saying.”</p>
	Strength Questions	<p>“What do you know or are learning about you that will contribute to successfully meeting your counseling and wellness goals?”</p> <p>“What other strengths will you need to tap into to overcome the challenges ahead as you begin the work of change?”</p>