**Counseling Exercises**

Below, you will find a series of statements. Respond to these statements as you believe you would in a real-world session. We encourage you not to overthink your responses. There is no right answer! We want to see your natural responses, without assistance or too much forethought. We understand that you may not have any counseling experiences prior to this point. Our goal is to see how you tend to respond without any or much formal education as a counselor.

Your response to the statements should be limited to 1-2 sentences. If you need to imagine a scenario in order to respond to the written statement as real, you may. Yet, we encourage you to respond to each statement that has been communicated. We also ask that you do not consult with other persons or resources.

Please respond to the statements associated with the degree track for which you are applying. You should not need more than 10-15 minutes to complete this exercise.

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**Mental Health Track**

**Statement 1:**
I’m trying so hard, you know. Giving it everything I’ve got, but it’s like everyone just expects me to fail [client fights back tears]. It wouldn’t hurt so bad if a part of me didn’t think they’re right about me.

**Statement 2:**
For the first time in a long time, everything feels good. Heck, I’m almost scared to say that out loud. Usually that’s when things tend to go wrong.

**Statement 3:**
I want to quit my job! It’s so draining. I feel like I have to walk on eggshells. I hate everything…especially the guy that sits behind me and chews ice all day.

**Statement 4:**
"I can't keep going like this. I'm tired of crying. I'm tired of feeling like this"

**Statement 5:**
She’s mad that I’m standing up for myself! It’s like she needed to show she has control over me and I wouldn’t let her have it. I can’t allow her to continue to take advantage of me.

**Statement 6:**
It all came back to me after watching the news. Having to watch someone else go through the same exact situation was hard. This is so messed up.

**School Track**

**Statement e 1:**
I’m trying so hard, you know. Giving it everything I’ve got, but it’s like everyone just expects me to fail [fighting back tears]. It wouldn’t hurt so bad if a part of me didn’t think they were right about me.

**Statement 2:**
Honestly, I just don’t think she’s a good teacher. Yesterday, she put me “in the bubble” for talking too loudly. Me! Can you believe it?! This is 8th grade-who does that?! Besides, it’s not like I was the only one talking.

**Statement 3:**
…I don’t know if I should tell her. Like we’re friends, but we’re not like close friends. I don’t want to be a part of the drama. But when she finds out that I knew before her, I don’t know if that’s going to mess up our friendship.

**Statement 4:**
So it all started with this Tic Tok challenge…it was meant to be fun. How was I supposed to know it would turn out that way?!

**Statement 5:**
Everyone keeps asking me about what comes next. I feel like I should have an answer, but I don’t know. What if I make the wrong choice? Then what? It’s not like I can start over?!

**Statement 6:**
For the first time in a long time, everything feels good. I’m almost scared to say that out loud. Usually that’s when things go wrong.

**Marriage and Family Track**

**Statement 1:**
I’m trying so hard, you know. Giving it everything I’ve got, but it’s like everyone just expects me to fail [fighting back tears]. It wouldn’t hurt so bad if a part of me didn’t think they’re right about me.

**Statement 2:**
I just don’t understand why people expect me to just forgive him. They weren’t there. They don’t know what he said or how it made me feel.

**Statement 3:**
My mom is such a bully! She can be so two-faced. She tells me I can do something, and then ALWAYS forgets she gave me permission. I get in trouble for the exact thing she told me I could do. How is that fair?

**Statement 4:**
I know my wife wasn’t the one who cheated on me, but I didn’t expect my ex-wife to cheat on me either. I just can’t stop worrying about her having an affair.

**Statement 5:**
[The speaker seems hesitant to say something that is difficult to say] I really wished I didn’t get married. I do love him for the most part, but, a part of me wants to leave.

**Statement 6:**
For the first time in a long time, everything feels good. I’m almost scared to say that out loud. Usually that’s when things go wrong.