

What is Counselling?

Chapter I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

Chapter II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter III

I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall in... it's a habit... but,
my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street.

By Portia Nelson, *Autobiography in Five Chapters*

Counselling helps you find that different road. Counselling is a process of talking about and working through your personal issues with a counsellor. The counsellor helps you to address your problems in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness.

Contact me if you want to talk about whether counselling is for you.
Farah Naz 2020.