Faith, Values, and Counseling Preferences

Help your counselor understand your preferences, sources of support, and boundaries. You may change these choices at any time.

Optional spiritual reflection | Not a standalone empirically validated treatment

Faith may be comforting, complicated, painful, or not relevant to your goals. You do not have to pray, discuss beliefs, or reach a spiritual conclusion to participate in counseling. Write by hand, or type and save a copy.

1. Choose today's preference

Mark any that fit: Keep counseling secular / Ask before discussing faith / Discuss faith when I bring it up / Explore Christian faith with my consent / I am unsure.

What I want my counselor to understand about this choice:

2. Notice support and strain

You may answer generally and skip painful details.

Beliefs, practices, or communities that support me:

Faith, Values, and Counseling Preferences

Topics or experiences that bring pressure, shame, confusion, or distress:

3. Set clear boundaries

Consider prayer, Scripture, spiritual language, and involvement of a faith leader. None is required.

Something I welcome, if I choose it:

Something I do not want included:

How I would like my counselor to check consent:

Faith, Values, and Counseling Preferences

4. Connect a value with an ordinary action

Choose a practical action that matters to you, such as showing kindness, resting, or asking for help.

A value I want to express:

One small action I choose:

When should we revisit my preferences?

Spiritual reflection can accompany appropriate mental health treatment. It does not require forgiveness, reconciliation, certainty, or agreement with a faith leader. If religious questions become repeated checking or reassurance seeking, discuss that pattern with your counselor rather than repeating this worksheet to feel certain.