

Assessment of Insufficiently Strong Skills

Sometimes clients lack the skills needed to manage difficult situations or problems (Nelson-Jones, 2014).

Through considering and discussing a problem or situation that has been upsetting, it is possible to identify insufficiently strong skills and potential goals for counseling.

Use this worksheet to reflect on, and capture, where there are opportunities to improve.

During a therapy session, complete the following (modified from Nelson-Jones, 2014):

Describe the problem or situation:

For example, *“When I am challenged, I get angry and shout.”*

What were the mind skills that were insufficient or need to be improved?

For example, ignoring unhelpful thoughts could be the problem and the solution may be to replace them with helpful ones.

Insufficiently Strong Mind Skill	Goal/Solution

What were the communication skills that were insufficient or needed to be improved?

For example, being unable to control anger and avoid shouting is a problem that could be helped by greater emotional control and slowing down as I talk.

Insufficiently Strong Communication Skill	Goal

Capturing such areas for skill improvement will direct future counseling sessions.

References

- Nelson-Jones, R. (2014). *Practical counselling and helping skills*. London. Sage.

Dr. Jeremy Sutton