

WHY YOUR COUNSELOR WON'T JUMP IN TO "FIX" THINGS

(AND WHY THAT'S ACTUALLY A GOOD THING)

You're the expert on your own life.

You know what's worked (and what hasn't) better than anyone. A counselor's job is to walk with you, not lead the way for you.

You already have wisdom.

You may not feel 100% sure, but you probably have ideas, experiences, and values that can guide your next steps. A counselor can help you uncover those.

Real motivation comes from within.

You're more likely to create lasting change when the decision is truly your own—not something someone else talked you into.

No one likes to feel pushed.

Even well-meaning advice can feel like pressure. Counselors want you to feel supported, not judged or directed.

So, what will counselors do?

Help you explore your own reasons, goals, and ideas
Offer support, not solutions

Bottom line:

This is your journey.

A counselor's role is to help you hear your own voice more clearly—not to replace it with theirs.

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