

## Journal Questions for Self-Reflection

What keeps me from seeing couples?

What messages have I received about couples counseling?

What benefits can I imagine couples counseling will bring me?

What do I need to become a couples therapist?

### WORKSHEET -JOURNAL QUESTIONS FOR SELF-REFLECTION

- What keeps you from seeing couples?
- What messages have you received about couples counseling?
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- What do you need to become a couples therapist?