

## Consistency + Motivation = faster results and fewer sessions

**Consistent** counseling makes the most of the fewest appointments. Non-recommended long gaps between appointments extend the time and number of sessions before getting the results you seek.

**The time between sessions** gives you the chance to apply what you've learned in counseling; develop mindfulness, adjust your behavior, make better choices, and improve your relationships.

Counseling is effective **guidance** to help you **set and reach goals** to live **your best life.**

**Consistent guidance through these changes brings more efficient and effective progress.** Accountability also makes it easier to develop **mindfulness and choice awareness.** It's easier to **"stick with it"** when you know you'll be meeting again to **follow up and build on your progress!**

## Recommended Treatment Plan

**Sticking with your recommended treatment plan is essential for best results.** Weekly sessions in the beginning of treatment and spacing out later appointments when your counselor has determined you're ready is the best way to **maintain progress without "backsliding".**

## Why consistency matters

Once you have a "eureka" moment and **recognize** the root of your problem, that **doesn't mean you've resolved it.** Common issues such as codependency, depression, anxiety, anger, and problems with communication develop over time, from complex issues. **Such issues take time to develop and require time, guidance, and consistent progress to resolve them.**

No matter how skilled your counselor is, results are limited by your **motivation and consistency.**

**Counseling isn't the only type of treatment that requires consistency.** For best results, it's important to follow the doctor's recommendations, for example:

*Many doctors report it's common for patients to stop antibiotics as soon as they start feeling better—but the strongest and worst bacteria is still hanging on, and comes back with a vengeance; this makes the patient sick all over again.*

Resolving only a **known problem** first can create **the illusion of having completed treatment.** Clients who feel better, drop out, and later realize they have not resolved the cause of their troubles have only prolonged their pain. Without taking the time and sticking with the

**Motivated clients and consistent appointments are a winning combination for positive, permanent change.**

treatment plan to resolve **the root of the problem,** true healing is delayed. **This is why consistency helps a client make the most of their sessions for the fastest and best results!**

## Tips for Motivation and Progress

**Achieving** any goal requires **motivation** and **consistency**. Motivation is easier when you have **goals**, know your **role** in counseling and your own well-being, and have the **grit** to progress.

### Goals

Clients with a **positive outlook** who **focus on their goals**, rather than problems, tend to be **more successful in counseling**. Ensure that your goals are **realistic** and plan your progress and **goals with your counselor**. Focusing on goals can help you build **awareness of your choices** and live with **intent and purpose**.

### Counselor's Role

The counselor's role is to **guide** the client and help them set and reach realistic goals. The counselor and client **work together** to identify goals and solutions to the client's issues. In individual counseling as well as couples counseling and/or family counseling, the counselor serves as a neutral, non-judgmental guide.

**Only the CLIENT can MOTIVATE THEMSELVES.** The counselor can **inspire**, but the client must be **willing to change**.

### Client's Role

Knowing your **role and responsibilities** in counseling and your own well-being can help you **make the most of the guidance** you receive. Taking charge of your life, being aware of your choices (becoming **proactive** rather than reactive), following your counselor's advice for **consistency**, and acting with intent and purpose are the best ways to **fulfill your role**, reach your goals, and remain **motivated**. Stay on track with these tips:

- **Self-motivated:** Only the client can motivate themselves. The counselor can inspire, but the client must be **willing to change** and "do the work" to make the change.
- **Be honest and open:** Counselors are trained to help, not judge. What might seem odd to you is routine for a counselor trained to help with taboo topics and shame.
  - The counselor can't help you with **what you won't discuss!** Even if the counselor can "guess" the issue, the client needs to let the counselor know when they're ready to work on an issue.
  - As part of training, counselors have also been clients. They know what it's like to be on your side of a counseling session.
- **No excuses:** Do not use your diagnosis as an excuse. Some **identify with their diagnosis** and **use it as an excuse** for not making necessary changes for progress.
  - Example: "I have anger issues, so my wife will have to get used to it."

### Grit

Progressing despite difficulty is the definition of grit. Making changes can mean facing hard truths and revisiting painful moments. This is why maintaining a **positive outlook** and **focusing on your goals**, rather than problems, is crucial to overcoming challenges. **Recognizing and appreciating your achievements** can also help you develop the grit you need to succeed. Intermediary goals and mindful actions make progress (and grit) easier.