



Nauset Baptist Church
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Name:

Date Completed:

Tips:

The first three questions on the blue **Problem Worksheet** are a summary of the questions Jesus asked people as he ministered to their needs:

1. "What is the problem?"

You could answer this on several levels: 1) "I am tired all the time." 2) "I am always tired because I stay up late watching TV." 3) I stay up late watching TV because I am guilty, upset, and worried and am always trying to get certain things off my mind.

2. "What have you done about it?"

Here you should list everything you can think of that you have done to try to solve the problem. Examples: Prayed, went to the doctor, quit job, read books, wrote to Abby, etc.

3. "What do you expect from the counselors?"

Think carefully. What do you really want? What is your goal for this counseling experience? Caution: What you want might just be something that is not what God wants for you. Your counselors, however, need to know your expectations.

Answer these questions with real thought and come prepared to receive hope and help toward godly change.

Briefly answer the following questions:

1. What is the main problem as you see it? (What brings you here?)
2. What have you done about it?
3. What do you expect we can do for you?
4. As you see yourself, what kind of person are you? Describe yourself.
5. Is there any other information we should know?