

Dr Si's 10 cynical reasons for seeing a counsellor



1. *To be able to tell someone how much your parents annoy you*

Boy that feels good! Maybe you don't really hate your parents, but having a good whinge about them always helps you see things more clearly – and maybe not spend so much time being angry with them! Counsellors help people get along better with each other. Want some peace and quiet? Here's how.



2. *To be able to tell someone how much you hate school*

Everyone knows how bad school is. Well maybe it's time to build a bridge and get over it! So what can you do about it? There are lots of ways to survive school better: friends, teachers, homework pressure, so why not get someone on your side who can really help make a difference. There will still be good reasons to hate it, but the more you're in control of what happens, the better.

3. *Because life can really suck!*

Don't keep it to yourself – share it around! There is a more than even chance that at some time in your life, things will really suck. Don't waste this important experience, share it with someone!

4. *To get your parents off your back*

Would you rather have your parent in your ear, grounding you or really annoying you, or would you rather hang out with someone who will see things from your point of view, and agree with you! Sometimes parents just run out of ideas so they give up and send you off to a counsellor. It's usually not a cop out, but their way of saying they care (true!). Usually parents need counselling just as much as young people, so if you want to, tell them "I'll go, if you go"



5. *Counsellors are miserable people, and want to hear about your life to feel good about themselves*

Don't be selfish – if you you're not happy, then the least you can do is help someone else to feel good. Check 'em out they're pretty strange you know. What sort of person would want to sit around and listen to people complain all day? See I told you they were weird!

6. *Kickin' goals*

All successful athletes have their own personal coach... A good counsellor is your personal life coach. They'll help you set goals that YOU want, they'll keep you motivated, they'll help you plan strategies and tactics – now get out there and play!

7. *Knowledge is power!*

Knowing yourself and how and why others behave can make you a master of the universe. Well, not really. But, you can come up with lots of different ways to handle situations.

8. *All alone, just blowing a cone?*

Has your teddy bear started talking back to you? Don't turn to drugs, turn to someone who really can talk back! Drugs can feel like good stress management – but you're much better to deal with the problem straight up. Be your own person - take a real step forward to someone who can help you be that person.

9. *This is driving me crazy!*

Stress in life can make you feel like you're really spinning-out sometimes. Get some advice and talk to an adult about stuff. It doesn't mean there's anything wrong with you, it means you're smart.



10. *Nothing's going to change, so what's the point*

You're right, there is no point. Nothing will change unless you change. Think of all the things you have control over and see if that will make a difference, but maybe you're just not sure what you should do. Maybe you've tried lots of thing before and they didn't seem to work. Sorry, you're not a rocket scientist (unless you really are). Sometimes we just don't have all the answers, so smart people will know when that time has arrived, and they start looking around for someone who might. Counsellors aren't always that smart, but they always know a few other things you could try, and will help you try them, even if it's just changing how you think or worry about something. You are the master of your own destiny: take control, be smart and get advice from someone.

None of these convince you? – tell me!

Email me at drsi@neopsychology.com.au and tell me this list is dumb and I'm stupid for suggesting them. Even better, if you can think of better reasons - I want to know!

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