



cornerstone

counselling • coaching • wellbeing

## CONTACT

Cornerstone Counselling  
(South West) LLP  
28 South Street  
Wellington  
Somerset  
TA21 8NS



01823 765065



[contact@cornerstonesw.co.uk](mailto:contact@cornerstonesw.co.uk)



[@cornerstonecsw](https://twitter.com/cornerstonecsw)

## CAN COUNSELLING WORK?

**BY CHRIS WALLWORK (MBACP)**

For many years, I struggled with the idea that counselling could be something that would be of value to me. For a large part of my working life I was working in behavioural consultancy, and the idea that 'change' can happen to an individual was one that really challenged my beliefs that, in a behavioural sense, you could predict a person's future by looking at their past and noticing patterns, therefore leading to a realisation that you could work out how someone would always respond, or behave.

I feel now that I took this stance as a be-all-and-end-all approach, and it wasn't until feeling trapped in a sense of my own repeating cycle that I began to look outside and imagine 'what if?' Counselling is a great tool to help us look at our past, notice our patterns, and then seek to change should we wish to do so. I was completely unaware of the judgement I was passing on myself by saying "well that's just the way I am", and how I was keeping myself in a cycle of predictability by doing so. I needed to take care of myself.

Coming to counselling I was almost immediately presented with the notion that change can happen, that should I wish to, I can adapt, grow, and respond to life circumstances differently. I found I was given the space and the positive regard by my counsellor that I needed to imagine how life might look if I was to just modify and adapt my behavioural responses.



---

For me, counselling was a success, it challenged me without being judgemental, and it helped me to give myself permission to live rather than merely exist, in so many facets of my life.

Maybe counselling can work for you too. If you feel stuck in a rut, that you always respond to situations in the same way, and that you would like to see if positive change is possible in your life (it is!) then why not make contact with Cornerstone and arrange a free initial meeting with us to see if we can help.

For more counselling and coaching resources – visit  
<http://www.cornerstonesw.co.uk/resources>