Pathways for Continued Self-Exploration
- Develop a reading program
- Continue your writing program
- Engage in self-directed behavior change
- Get involved in a support group

Counseling as a Way to Understand Yourself
- You might consider seeking counseling when —
  - You feel out of control of your life
  - You are stuck
  - You are involved in an unsatisfying relationship
  - You are experiencing a spiritual crisis
  - You are experiencing a significant loss
  - You are the victim of discrimination or oppression
  - You fear using your potential
Understanding Your Dreams

- The messages we receive in dreams are related to our hopes, fears, concerns of daily life
- Dreams can reveal significant clues to events that have meaning for us
- Dreams are messages that deserve to be listened to and respected
- Dreams can provide a pathway to better understanding of yourself