

# The Creative Self

## Reflection Moment

1. As you read about assessing and assisting clients with their emotional wellness, you can see that this is an area we frequently work with clients already. Do you think framing it as self-care would be useful? Why or why not?
2. Did it surprise you that Myers & Sweeney included Humor as a sub-category of wellness? Why or why not?
3. When considering Work/Occupation, what is your level of comfort with career counseling and helping the client see it as an important part of self-care?

4. Had you ever considered the differences between intellectual and cognitive wellness?  
What thoughts do you have regarding this difference?

5. How comfortable do you think you are in discussing Locus of Control with clients?

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