



Counselor

I understand that you're upset about your mom. How about trying to communicate with her and see how it goes?

Collaboration

1

The client accepts the counselor's suggestion and further inquires about ways to take action.

Sure. Can you tell me how to do that?



Client

2

Arguing – Discounting

The client engages in argument with the counselor, questioning the counselor's effectiveness.

You always ask me to communicate. If that worked, why would I be here for counseling?



Client

3

Denying – Blaming

The client dismisses the counselor's suggestion by deflecting responsibility onto others.

It's clearly her problem. Why should I be the one talking not her?



Client

4

Avoidance – Limit Setting

The client clearly refuses to discuss the topic, aiming to avoid a deeper conversation.

I don't want to talk about my mom anymore.



Client

5

Ignoring - Sidetracking

The client neglects the counselor's focus and redirects the conversation to unrelated matters.

By the way, I watched a movie yesterday...



Client