

Assessment vs. Helping: Differences and Skills

Assessment Questions:

May be either:

- **Investigative Questions:**

more narrowly focused questions connected in such a way as to recreate the chain of circumstances, behaviors, and feelings associated with a specific event; or,

- **General Assessment Questions:**

more open-ended assessment questions used to explore general client conditions, relationships, expectations, attitudes, and beliefs

Helping Questions:

more open-ended and geared toward identifying goals and facilitating movement toward goal accomplishment