

This question is actually very hard for me. My summary of response would go back to what I said in class on Tuesday. Knowledge and wisdom are hand in hand. The response is only as helpful as the wisdom behind it. For example, the hypothetical responses were not necessarily bad, but was it the best way to respond in the situation at hand when your friend came to you? Only you can be the judge of that situation of what you should or should not say.

Sometimes at the end of the day I thank my friend who I confide in for not entertaining me and saying things that help me progress me through the situation and not always appease my feelings because in her doing that I was actually able to get through my problems. She does all of these things in being understanding and expressing that she understands and cares.

However, from a human services perspective I understand why I should I approach this issue differently which is a struggle I have. I realize that even though that make work with me and my circle of people I normally associate with, that it is not so with everyone. This is me acknowledging my values and beliefs and how it could possibly get in the way of being able to successfully meet my client where they are. I would definitely have to adjust and realize that some people need that extra sign of empathy and understanding before even being able to treat them and look for solutions to the problems they have. In all honesty, I have been learning that with other people in general even in my daily life. I am at the point in my life where I realize my feeling and emotions are not the reality of my circumstances and I just crave knowledge and wisdom to move forwards. I forget sometimes that I was not always like that and that I need to be patient just like my mentors/teachers were with me. From that place, I have hope for them to get there. Staying in that place of compassion and understanding is important.

“Let me tell you how to fix your problem” and “Everything happens for a reason” are two examples of things you should just never say as a human service professional. We do not tell

people how to solve their problems, we offer resources and recommendations. As for the other one. That is just insulting in my opinion. I do not believe everything happens for a reason and I do not like telling people that because I do not think people going through awful things is necessarily supposed to happen, but people have free will and things happen. Life is not perfect. That does not mean “everything happens for a reason”, but we can approach those things that happen with positivity and take out lessons from them and grow and try to heal and move on. Our job is to help them do that. However, that is my opinion based of my beliefs and values once again.