

The way you respond and interact with people is an important aspect as human services professional. I have some experiences with this in my personal life. If we are talking about my family and the way we treat one another, specifically, when someone is sick, lost a job, dropped out of school, or an unaccepted relationship; how they would respond depends. My parents in a nutshell are normally not the best responders to situations. Their approach is usually more negative than positive, but people act based on habit and what they know so I try to be understanding that they are just doing their best. An example of those negative approaches is from a recent event in my life. This passed winter break my sister lost her job. Instead of at least trying to be understanding, my parents do what they do best. They made accusations as to why she must have gotten fired and gave her an awful guilt trip as if she did not feel bad already. I consider this a negative approach with coping with the situation because making her feel bad did not solve anything. Yes, losing your job is a serious issue and needs to be addressed as such due to bills and expenses, but it is also important to show emotional support; which my parents have lacked all my life. Do not even let me consider dropping out of school or getting expelled because of grades. I would never hear the end of it; I may even end up liable of having to dodge some physical contact of being hit or having something thrown at me.

However, I will say that my parents do an amazing job when it comes to being sick. They are very quick to make sure you are doing okay and offering all the possible remedies they know of to help you get better soon. I expect that the variation of ways they approach situations comes from the way their own parents or who they were raised by reacted to them and those similar situations. My parents do not react to everything the same. My dad could be a lot calmer than my mom in some situations or vice versa, it just depends on what it is. I can remember getting the “when I was your age” or “my parents would have” or the “my grandparents would have”

speeches on different occasions where my mom or dad justified why they did what they did or reacted a certain way to something.

I think it is a fantastic opportunity to be able to diligently look at these things because sometimes I find myself acting the way they do and it upsets me because after I do it I remember the way I felt when they did it to me. Growing in this is also important regarding our field of Human Services so people can always get the most effective and efficient help from us. We cannot afford acting or speaking to our clients in any matter. Knowing our land mines and being able to filter things we may or may not agree with or that upset us is a skill that every human service professional should be sufficient in.