# Unit 3 Discussion

## Chad Reynolds

It is valuable to take personal inventory throughout our lives to consider our capabilities and limitations. How would you describe your natural style of counseling? What are some advantages and disadvantages to this approach? Consider a time that you have helped someone. What did you do that was helpful? Ask a friend or family member to identify your natural qualities and skills that might make you an effective helper. What qualities can you build upon to become more effective?

I think my most natural way to counsel someone would be just speaking honestly with a client and actively listening to their needs and concerns. Speaking to them as another human being and listening to what they are saying I feel will enable you to really grow that trust relationship between you and the client. One of the things that I think would cause an issue with this approach is you open yourself up to attachment and if the client starts seeing you more then a counselor and more as a friend they may not be able to really start talking about their real issues. The main quality I think I could build upon to really be able to help others is to grow my empathy towards others more. Empathy has always been a struggle for me. I was raised to not show emotion and that other peoples “issues” were only caused by laziness and them not wanting to put in the initiative or the time to work to make themselves better. I also would like to better my ability to speak with others tactfully. I know I tend to come across very strong at times and is something that I need to work on as well.