

# Qualites of an effective helper



QUALITIES OF AN EFFECTIVE HELPER I believe that I will be an effective helper because I am caring, trustful, honest, and open-minded. I also know what it's like to have self, family problems, I also know the feelings of being unwanted and unloved is so powerful that it's hard to overcome. I am motivated by a desire to help all types of people work through their problems no matter how big or little they are. The qualities that I have that will make me an effective helper are that I am a good listener, I am open-minded about almost everything even if I don't really understand.

I am honest and I don't mind telling the truth to someone even if it hurts their feelings sometimes people need to hear the truth it helps them see it through someone's else's eyes, but I also know when to be respectful to other people's needs, beliefs, and values. I have had some personal problems that I think other people may have, I don't mind sharing them with a client to show them that I have been down that road in life and with sharing I would hope that it will help our relationship.

I don't like to judge people because at some point in life everyone has had some kinds of problems and I have no right to judge we are all human we all live and learn. I have a happy go lucky personality so smiling and showing that I care comes easy for me, I have no problem putting myself on the spot to break the ice with a client. I am a patient person, I know that time is the key to help out with the relationship,, I know that it is hard to open up to someone that you think will judge you. I believe that helping a client find forgiveness is the key to most problems and that forgiving ourselves is one of the hardest things to do.

I believe that everyone should have respect for all and be understanding, I try to understand everyone's views, values and beliefs but when it comes to someone that has sexual abuse or killed a child would be really hard for me because I see children as the best gift in life, I don't understand how any one would want to hurt them in any way. I know that they may have had it done to them . If I had to work with that has done one of those thing I would try really hard to put my feelings aside as best as I could. Nicki Prudhomme