

Reflection: Your Helping Profile

Since you haven't really learned these helping skills yet, place yourself where you think you honestly fall on these lines. (A month after you have finished these training modules, it would be interesting to do this exercise again.)

I care about people a
great deal



I am not a caring
person

I accept people easily



I find it difficult to
accept some people

I understand my peers



I find it hard to
understand a lot of
kids

I am a good listener



I talk more than I
listen

I never tell others
what to do



I often find myself
giving advice

Draw a vertical line linking the dots to find your helping profile. The further to the left your line is, the more you probably possess natural gifts to be a good helper. If your line falls more to the right, remember that helping skills can also be learned and acquired.