



WAYS OF BEING

What we **SAY** when we are counseling people is only as effective as **HOW WE ARE** with them.

Ways of Being are the foundational attitudes or stances that underpin all truly helpful counseling. They are not something we achieve, rather they are lifelong practices.

Asymmetry:

Staying focused on the person we are helping, without desire for reciprocal attention.



Authenticity:

Being ourselves as counselors; doing our own personal growth work.



Know-nothing Mind:

Holding very loosely to our opinions of what others 'should' do. Trusting others' wisdom about themselves.

Mindful Presence:

Being mindfully present, in the moment with the person we are helping; avoiding multi-tasking.



Non-judgment:

An attitude of unconditional empathy and acceptance.

Unconditional Positive Regard:

Holding a steady view of people we are helping as lovable, doing the best they can.

