Document and select three dispositions that you currently meet. Complete the chart by listing the dispositions met as well as a description of how the disposition is met. Each description response should be 75-100 words in length. Please note: you do not need to be actively practicing

**Counseling Disposition Reflection Worksheet**

**Directions:** Review the dispositions to complete this worksheet.

|  |  |
| --- | --- |
| **Disposition** | **Description of how the disposition is met** |
| 1. Genuineness | I believe in telling the truth, no matter how hard it is. However, tact is always essential. Throughout my years of counseling my church members, we have always had mutual respect for one another that allows the truth to be a sounding board and foundation for solutions. Trust and communication, in my opinion, are the foundation of any relationship, and I have been fortunate to be able to establish this with the ones I help. |
| 2. Psychological Fitness | I am very aware of the fact that my mental, emotional, and spiritual well-being are my priorities. I say this because I believe that I cannot give someone something I don’t have. Therefore, I strive to maintain a self-care regimen that keeps me balanced and focused. I intentionally seek the advice and accountability of leaders in my church and community who are objective. |
| 3. Empathy | It is crucial that people who entrust me with the most fragile aspects of their lives feel a sense of respect and importance. Therefore, creating an atmosphere where their feelings are validated is very important. I’ve found that listening can be a critical tool when relaying understanding and care. In some instances, self-disclosure has benefited the openness and understanding needed to promote more engagement between the client and myself. |

**Directions:** Now that you have identified dispositions that you currently meet, review the disposition document again and consider any dispositions that you do not meet. Complete the chart below by adding the two dispositions you do not meet as well as a preliminary plan in regards to how you plan to improve the identified dispositions. Each description response should be 75-100 words in length.

|  |  |
| --- | --- |
| **Disposition** | **Description of how you plan to improve the disposition** |
| 1. Flexibility | Although my counseling level, until this point, prevents me from creating a treatment plan, I do recommend homework for the client when necessary. However, I look forward to learning more effective strategies and approaches that I can implement to help the client achieve their goals in a more structured manner. |
| 2. Professional Identity | Professional Identity at this point in my development has been greatly influenced with my knowledge of the ACA Professional Code of Ethics. I foresee as I apply this code to my professional character, it has the potential to increase my professionalism. |