

Challenge World View

Have you noticed if any of your worldviews have changed since becoming a helping professional?

How has your worldview changed?

What strategies will you start to engage in to look for the good in the world?

Examples:

- Paying attention to small thoughtful gestures you see in society
- Noticing healthy relationships around you
- Volunteer and work with others who are giving
- Limit your trauma input (news fast)
- Practice gratitude daily
- Noticing all the strengths in your clients
- Other:
- Other:
- Other: