

## Values Paper

Meagan Sanders

October 28, 2008

Over the years my values have changed. I still value some of the things I did when I was little but I think the way I prioritize them is different. The Dalai Lama describes “basic human values” as “Just basic human goodness. Be a good person, a kind person. Relate to others with warmth, human affection, with honesty and sincerity. Compassion” (Cutler, 2003, pg.37). I very much agree with this generalization of human values but I believe that each of us has our own take on this. Here is mine.

My highest-ranking value is faith, believing in something greater than one's self; the thought of something greater than your self does not always mean faith in a higher being. Even the idea of working for the greater good is believing in something bigger than just you. Faith also takes courage. It requires belief in something intangible. For me personally my faith lies in God and his son Jesus Christ. I value this because I have chosen this path. I was raised in a somewhat Christian environment – attending a Catholic school – however, at home no one really followed that belief system. It took many years for me to truly define what my personal faith was; because of that I can better work with those who are unsure what to have faith in. I try not to place my personal idea of faith on them because I know how frustrating that can be. This struggle with personal identity will be useful in the Human Service field. From what I understand people often come in unsure of not only how to get out of their current predicament but also partially unsure of whom they are. When I was figuring out my life I did a lot of research and experienced a lot of things that allow me to better understand the emotions that come

with that hardship. My personal belief in God allows me to let go and do some self-care. If I were in a situation where I couldn't do much more for a client I can give it up to God. This allows me to no longer shoulder the weight of the situation alone and helps me to understand that I cannot fix every situation that will walk through my door. In the book, *The Art of Happiness at Work*, the Dalai Lama speaks on dealing with unfairness and hardship. He said, "We may find help from our belief system, whether you believe in karma or in God, but we can also use our human intelligence to analyze the situation and see it from a different perspective. That will help," (Cutler, 2003, pg. 24).

This leads into my next value, changing one's perspective. I think this is one that I often have trouble with but would like to develop. I do recognize that this will be something I will always work on and will never be perfected. Working with children has allowed me many opportunities to open my perspective range. In the daycare setting you spend most of your time with the child but there are many more relationships you make and observe. For instance, I worked in the one-year-old classroom for about 3 months this summer. My biggest challenge while in there was dealing with a child who would bite. Not only did I have to understand why they might be doing this, I also had to face the parents after each incident. I experienced two very different reactions, from two mothers who I had thought would react the same. The first mother reacted as I thought. Her child was bitten one day and she came in very upset. I explained to her that this was the age where – since they can't communicate verbal – they use their actions to say how they feel. She told me that this was a major concern in bring her child to day care in the first place. I reassured her that we kept a close eye on the children and make sure to keep the two apart. A few days later the other mother came in to talk with me about her child

being bitten; what I didn't expect was her response to it. She asked me about the bite and just as I was about to reassure her as I had the first mother, she said she was glad her child had been bitten. I was taken a back to say the least. It turns out that her child bites too and the mother was getting frustrated because she wasn't able to deal with it. She even hoped that by her child being bitten might get her child to stop. It just reaffirmed for me the fact that you never truly know the whole story because you don't live their lives every day. "Having multiplicity of perspectives gives clients options from which they may choose those that they find to be most useful to them... Our simple encouragement of them to explore, express, examine, challenge, and try out a range of ideas and feelings can itself be novel and inspiring" (Murphy, 2008, pg. 235). I believe that a Human Service professional can do this if they too are open to new perspectives.

This last value has taken me years to learn and appreciate and just like the one before it will always be developing. Time is so precious. Yes everyone says it but until you feel the loss of it you can never truly understand it. All my life, time has been fleeting and yet I would find myself saying I'm bored. The value of not only your time but also the time that others have is important. I believe you are only giving so many seconds in this life and to waste them seems silly. This past year I really started to feel the loss of time. Maybe it was turning twenty one and looking back on all the things I thought I would have accomplished by then or maybe it was having people leave me for certain amounts of time and wishing I had done this or that with them before they went. What ever it was it made me realize not only how precious my time was but others as well. I started to question lots of things I was doing that were wasting time. Like lying for example, eventually people find out the truth. Was it worth the time I wasted lying to

them? Being angry with people. Were the things I was getting mad about really going to change my relationship with them forever, or was it just something stupid? I think the greatest one I learned was how many breaths I wasted saying I was “bored” when I could have gotten up and done something – anything. There are so many more things I have wasted my time on. If a client comes in I want to make the most of my time with them.

I really think this quote sums up everything I have said better than I can, “Inevitably, perhaps, an awareness of this the plurality involved and our limited time on earth leads many of us to consider our relationship with the eternal and God, or at least our place among others in the world” (Smith, 2008, pg. 64).

## References

Cutler, H, & Dalai Lama, (2003). *The art of happiness at work*. New York: River Head Books.

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