

# What if I were a client?

Picture yourself as a client. Think of some of the problems you have had to grapple with or are currently struggling with now. Then picture yourself dealing with these with a helper. Then ask yourself these questions. Jot down words, phrases, or simple sentences in response.



What would I want to get out of seeing a helper?

What would I want the helper to be like?

How would I want to be treated?

What are my VALUES which I bring to a helping relationship?