I felt like I had worked a 12hour shift just trying to make sure my Clint felt okay. I understand now why this specialty is such a demanding one. I felt really good at the ed of shift when my instructor told me I had done a really good job with my client and that I had handled the situation well.	
Step 3 Evaluation The good thing about this clinical is that I got to see what a psych hospital was like. It was nothing like I had pictured it. Everyone was really nice. It was really difficult for me to comfort my patient. I tend to have a hard time comforting people. I was really challenged, but I learned I could do it even if I saw minimal results.	**Step 6 Action Plan** I learned that I'm way more patient than I thought. I think this situation helped me by teaching me how an anxious patient would look like. I also got to practice relaxation techniques and talking to a real client. (Sim is close, it it doesn't compare to real practice)

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