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Dr Roberts  
Spring 2021  
Field Experience

## **Reflection #2**

Choose the aspects of your worldview that you wonder about-whether in positive or in compromising ways-in terms of their influence on your ways of being.

Develop a list of how those aspects of your worldview affect you-in your daily life and how you think they are or might be affecting you in your internship.

- As a woman i am more nervous to walk home at night because i feel unsafe and i feel like I will be harmed in some way which is very saddening.
- What i value is trust, hardwork and determination which i believe affects my worldview because i am constantly working to be better and to succeed to make my family proud.
- I think that killing someone is wrong and that individual should be punished by going to jail but I don't believe that they should be killed because then we are no better than the person who killed someone else. I believe in justice.
- I believe that God has a plan for everyone and that He allows us to make a choice whether it be the wrong decision or the right decision. This affects me because it makes me think of every outcome before I make my final decision.

What questions do these worldviews raise for you?

Why do I have to hesitate when I want to go out for a walk at night? Why do I have to have fear when a man says something that makes me uncomfortable? Why do I keep pushing to find justice even when they can't be in some situations? Why do i care so much about other people and making them feel better even if it makes me drained at the end of the day?

Now develop a list of their effects on your ways of thinking and acting.

These worldviews raise suspicions, hesitations, but also perseverance when I act everyday of my life. My suspicions make me very hesitant to walk outside alone because i feel like someone is going to try to harm me because i am a woman. I think way too much about what I should wear that day in fear that someone is going to try and sexualize my appearance even if I have shorts long enough to reach my knees. When it comes to perseverance I will do everything in my power to help someone and make sure they are heard and that they will receive the rights that they deserve. I will try to find every possible solution for their problem until it is solved. I trust people easily so that they will be able to trust me and I listen to people so that they feel heard because I have felt heard many times and I don't want anyone to feel the way that I have before.

What questions do they raise when it comes to your internship?

How can I help people without expressing hesitation? What can I do to make someone feel heard without serving them injustice? Will my perseverance be enough to help them through their struggles?

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**What changes do you want to see happen?**

I want to be able to learn how to balance helping people and also being able to focus on my mental health and keeping it strong so that I can be stronger for them as well. I want women to feel comfortable and safe to walk outside at night if they want to without having fear of someone coming to harm them. I want to lessen my hesitations so that i will be able to help more people without making them feel like i am hesitant in certain things but instead encourage them that they can achieve anything.