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Unit 2 Question 8

_____I have been in counseling for several years now. And each time that I have changed counselors, the qualities being sought out have changed. In the beginning it was extremely important to find a Christian counselor, and that was what I needed at the time. But then I began to realize that although I am a Christian, I do not wish to be just a Christian counselor. Instead I want to be able to apply, and show God's love to those who don't know or believe in Him, without jumping down their throats and forcing Him on them, as I have had happen to me many times.

Now that I have taken myself out of that box, the qualities I have found most important to me are someone that is caring, non judgemental, but also honest. Caring in the sense that I feel loved and like they care about my wellbeing, because then I can receive their input. Non-judgemental because when I feel judged I tend to shut down and not want to be vulnerable and talk about things. But honesty because I do not wish for everything I say or do to be encouraged or validated. There's a fine line between judgement and objective honesty. So it is important for me to find a counselor that has a good handle on the difference of the two.