

Samuel Choi

Professor Roberts

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#### **Chapter 4 Reflection Assignment (Starting with You: Understanding Yourself)**

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. What questions do these worldviews raise for you? Now develop a list of their effects on your ways of thinking and acting. What questions do they raise when it comes to your internship? What changes do you want to see happen?

Throughout my childhood, my worldview aspects leaned towards the negative side. I have experienced numerous problematic scenarios that resulted in isolating myself from others or others have isolated themselves from me due to my erratic and problematic behavior in class (this occurred frequently in pre-k-elementary school). During the rare moments of establishing friendships, they were short term and slowly faded as the years went on. My list of insecurities includes feeling inadequate about my own abilities such as lacking independence (I constantly rely on my older brother to help me with my problems as a child and did not develop critical thinking skills for myself which lead me to be afraid of acting on my own as an adult). An overwhelming sense of loneliness due to feeling isolated throughout my childhood. (most of my relationships have been severed due to work/school/personal work and has left me with little to no friendships available which has severely deteriorated my social developing skills. Literally the only social connection I have are my co-workers and immediate family). I also struggle with semi-depression that has been bombarding me the past few years and the responsibilities of work and school have only exacerbated it. I utilize prayer to ask God to keep my mental state at bay. I also struggle with immense anger and impatience. These two aspects of myself have been my biggest struggle to overcome which dates all the way back in pre-school where I had severe anger issues which is one of the biggest factors of my isolation. I have been working on them for a bit and seems to be under control. With this list in mind, I fear that they will affect my time during my internship as my anger, social anxiety, impatience will impede my work. During my time volunteering at my church, I have been trying my hardest to turn a new leaf and leave behind my dark aspects of myself. Some questions that arise from these worldviews include wondering if these problematic aspects that have haunted the majority of my life will continue to trail behind me throughout the rest of my life? Will I be able to overcome my demons through training (physical and emotional) and maintaining my sanity while striving to improve my work at my job and school? These questions have roamed in my mind daily and has impacted my self-esteem and increased my anxiety. It has made me feel more emotionally shut in as well as

attempting to shut out the negative thoughts that bombard my mind and think more optimistically. Some questions that raise regarding my internship are wondering if these negative reminders of myself will once again be another scenario from my childhood where I isolated myself or others isolated themselves from me and just be another repeat. Nevertheless, I will continue to strive to aim to improve my social skills and maintain my sanity. While providing services to my church with whatever they need assistance with. The changes that I desperately want to see happen include being able to view the world in a more positive aspect and establish new connections with other people and hopefully improve my social skills. I also wish to come to peace with myself and not be haunted by my past which tends to leave an emotional scar that will not go away.