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SWK357  
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## **Journal 2**

### **Chapter 4:**

**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?**

Having a worldview is our own unique lens of the world and how it views based upon our own beliefs, religion, ideologies, theories, and more. My most important world views stem from my beliefs of being brought up in Christianity, importance of being a good friend/family member, and a dedicated social work intern in training. I feel that my religious beliefs have built a foundation for my life which helps me to further pursue my faith and incorporate it with my school and career choices. My faith in Christ affects my internship in a positive aspect by influencing my thoughts to be influential and Christ-like. Since social work is a field that needs genuine, compassionate workers, it would benefit from workers of faith, morals and good intent. I feel that I am a good listener, have good manners/communication skills, and have a friendly personality. These are good traits of a social worker, however there is always room for improvement. I need to advance in my knowledge of social work in order to be qualified, continue to train my mindset in aspects of positivity, and strengthen my relationship with God because I simply can't do it without him. I haven't had the opportunity to meet directly with clients in my internship as yet but I look forward to the experience when it approaches. I wonder

how they feel about being surveyed on their therapy experience. I also wonder if Teletherapy is more or less convenient for them and which aspects of Cognitive distortions interest them most. I will have the chance to address these questions during my upcoming webinar this Saturday with my advisor Dr.Allen so that is definitely an event I am excited for. I would like to advance in my knowledge, experience all that I can absorb, and deepen my relationship with God, my family, and my church. I believe having a happy home and peaceful lifestyle impacts our school/work aspects of life and I am working on organizing all aspects of my life to run efficiently.