

Critical Assessment Form

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| 1. <i>A Creative Minority</i> | 5. <i>Troubled Minds</i> |
| 2. <i>The Road Trip That Changed the World</i> | 6. <i>Anxious to Please</i> |
| 3. <i>Difficult Conversations</i> | 7. <i>The Power of Mentoring</i> |
| 4. <i>Natural Evangelism</i> | 8. <i>Designing Your Life</i> |

1) Why were these chosen?

-*Troubled Minds*: I chose this book to learn about those who suffer from mental illness in order to serve them and their family better.

-*Anxious to Please*: I recognized the problems coming from the tendency to please others in me and in others. I wanted to know how to truly and freely love others.

2) What was challenging? What was the most helpful? What was not helpful?

Challenge:

-*Difficult Conversations*: To be patient with those who refuse to see their contribution to the problems because doing so threatens their identity is challenging to me. I have normally avoided the conversation altogether. This is where I should work on to grow.

Helpful:

-*Troubled Minds*: I learned that I need to adjust expectation when helping those with mental illness

-*The Power of Mentoring*: The concept of the power of permission helped me to be flexible and to focus more on the needs of the mentored to be passionate and effective.

-*Designing Your Life*: In chapter 9, happiness is reframed as “letting go of what you don’t need.” This is truly empowering. It reminds me of the power of reframing as well.

Not Helpful:

-*The Road Trip*: In chapter 11, “Feelings vs. Faith,” the author says, “politeness and etiquette protected people from each other’s dysfunction and selfish behavior.” While I understand what it means, I do not agree with the idea that expressing one’s feelings necessarily leads one to be nonconformists. Rather, oppressing one’s own feelings seems to be more harmful to oneself.

3) How have the readings continued to develop your approach to working with people? Were there any paradigm shifts for you? If so, what?

Troubled Minds developed my approach to working with people as I began to understand the depth of the pain felt by those who are suffering from mental illness. My expectation has been adjusted and it helped me become better at accepting others as they are. *Difficult Conversations* confirmed that “I feel...” statement is effective. I have been empowered by using it more often in the difficult conversations. Working with others is not as overwhelming as it used to be. *A Creative Minority* has led me to be brave in taking actions that do not follow the old way. It continues to make me think harder what is truly necessary in current situation. It taught me to be open minded, not fearing resistance, but to listen and have gracious and loving approach. *Natural Evangelism* gave me clarity and conviction regarding helping the poor when it explained how poverty is not only described in terms of money, but in terms of power in the Bible. “God is on the side of the poor because no one else is” is the biggest takeaway from this book.

4) How will the readings be applied to your personal and professional life?

The takeaways from the readings will be applied to my personal and professional life in many ways. I gained deeper understanding of myself which will lead to be more competent at regulating and managing my feelings and behaviors. The readings also helped me recognize the pain and struggle of those with mental and emotional issues. Growing in self-awareness and empathy toward others will lead me to become more mature in working with people in challenging situations.