

David Lee

CD702: Working With People

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Critical Assessment Form

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| 1. Designing Your Life | 5. Troubled Minds |
| 2. Difficult Conversations | 6. It's Ok that You're Not Ok |
| 3. Creative Minority | 7. Healing the Wounded Heart |
| 4. The Road That Changed The World | 8. Healing Damaged Emotions |

Why were these chosen?

I choose *Designing Your Life*- because of the interesting title. However, after reading the book, I learned that it centered around discovering who and where you are in your life. Through the process of writing down your thoughts, searching what brings you joy, and implementing it; you can not only design your life, but other people's life into a life which brings optimum joy.

Difficult Conversations was chosen because my friend and I had a disagreement. I have learned from this book to see my blind-spots and to have a better understanding as well as empathy, before forming my opinions. The most important thing is to acknowledge how the other person feels, my feelings, as well as to evaluate what is "at stake" in saving the relationship. Even if our friendship is over, at least we can both have a sense of resolution, peace, and clarity.

A Creative Minority is a book about truly defining how Christians are to be more than just a different member of the body of Christ. They are to work through cultural obstacles and persecution by imitating Jesus in order to renew the world. *The Road Trip that Changed the World* was chosen because I wanted to see how culture impacted the church. This book focuses on two roads in which one can take when it comes to culture. One is where a Christian's faith and foundation are compromised by trying to live a balanced life for God and themselves. Or not be conformed by this world and culture and to live out carrying one's cross in order to be reconciled with God.

Troubled Minds was chosen because a relative of mine has a mental illness. Although he has given his life to Christ, the challenges of providing the services he needs is not only the responsibility of the healthcare professionals, the family, the community, but also the church. It is with the love and the support from "these villages" he can not only find himself, but also his purpose in which God has for him.

It's Ok That You're Not Ok was chosen because my mother recently passed away. I have finally started to grieve after handling her affairs and taking care of a sick sibling. It has caused me to lose a friendship, and to help discover that love is not always reciprocated; especially in times of

brokenness. I have learned that grief is because of love; love that is no longer tangible and felt. The only way in which to relieve the pain is to live inside so that the suffering is reduced (p. 85).

Healing the Wounded Heart was chosen because I work in the field of law enforcement and many of the people who I encounter suffer from various forms of abuse. I learned what is needed is “kindness”. Kindness is not only what God uses to open the heart to begin its renovation, but it also disrupts the cycle of one hurting themselves and calls the soul from death to life (pp. 149; 151).

Healing Damaged Emotions I chose because of the death of my father when I was only five years old. I wanted to address any unresolved issues from the past. What I thought was a good quality to have, like perfectionism, was only an indirect affirmation of my low self esteem. This book allowed me to see many unresolved issues which I can now better understand on how both to address and solve them.