

BENCHMARK COUNSELING SKILLS

	Client's Response	Counselor's Response	Better Response	Rationale
1 Time Stamp:	Roberts, Jala Denise 2 minutes 13 seconds 2:13 Umm. I guess the most negative emotion or the thing that really had me feeling some type of way was how. She just. Well, I already knew that she wasn't a confrontational person, but she wasn't willing to, like, have a sit down conversation about it. And again, this isn't someone that we were like kind of friends were associates like we were best friends, almost like connected at the hip. So I feel	Puckett, Linnea S 4 minutes 3 seconds 4:03 Sounds like in your emotions, you felt like you were able to have an open and honest conversation with her because she was just afraid of confrontation with you. And then also you felt like you were being left out and isolated from her.	I could have left out the part where I said her friend was afraid of confrontation with Jala because I was judging her friend's feelings without knowing how her friend actually felt.	

	like we should have been able to, you know, at least talk about it before. We just kind of like moved on with their lives, but that just never happened. So I never really got closure and it just turned into this thing where, like we were living in the same house. But it's almost as if I was living with a stranger like we would not speak umm if I were in the kitchen. She would wait until I went back into my bedroom to come out and see the kitchen. Umm. And I guess the part that really hurt and was the most negative part about it for			
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	me was that she started to like invite other friends over that she had made. And I feel like just hear them. Having a good old grand time. It's like I wasn't even there. So it was just, I don't know, that was very hard for me. We were never really able to out felt like I was never able to gain closure from it.			
2 Time Stamp:	Puckett, Linnea S 6 minutes 11 seconds No, I it is hard when you feel like you are being disrespected not to want to. Uh, make them understand how you feel. So I can understand	PS Puckett, Linnea S 6 minutes 59 seconds 6:59 Alright. Yeah. How do you feel like this relationship has affected your relationships with friends now?	Here more time should have been between the reflection and my question	I almost continued without giving Jala a chance to respond, and although her response was short, I should have given her more time to expand if she wished to before moving on to asking this question.

	your mindset there and understand where you're coming from, but I do acknowledge and see that you have acknowledged that that was probably not the smartest move to make, and there could have been a better way that you could have expressed how you actually felt. But at least you're aware of that, and that's a conscious thing to be aware of. So.  Roberts, Jala Denise 6 minutes 58 seconds 6:58 Thank you.			
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3 Time Stamp:	Roberts, Jala Denise 8 minutes 26 seconds I don't really seek where like look at friendship in the same way I kind of just come to peace with having like acquaintances and, you know, going out with people are renown and then, but it's that I definitely haven't had like, a someone I could just call my best friend since then. And that kind of hurts my feelings. But hopefully one day, like I'm still hopeful that one day, you know, I'll find another.	PS Puckett, Linnea S 8 minutes 54 seconds 8:54 Yeah. I think that one of the things that helps people a lot in their circumstances is trying to understand. Uh. How to be vulnerable with Friends? Because it sounds like that's where it your struggle is that you don't wanna go any deeper and be vulnerable with someone because you're afraid of what might happen. And that is a real fear. It is a genuine fear to have and I believe a lot of people have this type of fear. I know I do.	It may be hard for you to be as open as you were with your best friend. Being vulnerable or opening up to someone is a challenging thing for you to do because you fear that they will break your trust again, as you feel your best friend did to you in this scenario.	Although I acknowledge Jala's feelings here, the statement I said could come off as judgemental and also generalizing her feelings by pointing out that others feel the same way she does. I think better wording that is less judgemental and directed towards her feeling might have been a better response.

4 Time Stamp:	 Roberts, Jala Denise 9 minutes 30 seconds 9:30 umhm	Puckett, Linnea S 9 minutes 30 seconds 9:30 So I think umm for you a good step might be to. Challenge that thought to challenge the idea of maybe I can be, uh, more vulnerable with someone for being more open to discussing with someone about things that I wouldn't naturally do.	Would you be open to challenging your mindset of friendship here? Maybe we could figure out a goal that helps you challenge yourself to be more open to being vulnerable and allowing people to get closer to you. How does that sound?	In this response, I am not putting my own opinion on my client and allowing her space to make the decision herself as to whether she wants to challenge this belief. Using words like I think should be left out of counseling sessions.
5 Time Stamp:	Roberts, Jala Denise 10 minutes 39 seconds 10:39 Let you know how that goes.	Puckett, Linnea S 10 minutes 42 seconds 10:42 Yeah, it may be. Next week we can talk about how you have taken those steps and what you have done to make yourself feel a little bit more challenged.	(If she agrees to the goal) Next week let's talk about how this goal did or did not work for you. If you are struggling with the goal we can talk about how to revise it so that it is manageable, sound good?	Again I feel like I was a bit to quick to judge here and needed to make sure she was okay with the goal instead of assuming that she would take it on. I have much work to do when it comes to this.
Any additional thoughts not captured above? What will you take away from this assignment? https://libertyuniv.sharepoint.com/sites/Group-Spring2024COSC505_A03-YazmineLinneaJalaAllie/_layouts/15/stream.aspx?id=%2Fsites%2FGroup%2DSpring2024COSC505%5FA03%2DYazmineLinneaJalaAllie%2FShared%20Documents%2FRecordings%2FMeeting%20in%20%27Yazmine%2C%20Linnea%2C%20Jala%2C%20Allie%27%2D20240312%5F195238%2D				

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I need to be more careful about allowing my personal opinion get in the way of offering genuine understanding for my client. This assignment has made me very aware of that fault, so I appreciate this opportunity to scrutinize myself. I must work on my language and sensibility a lot more before I can truly meet my client's needs.