

My Values
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“We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly.” Aristotle 384 B.C- 322 B.C

Values are what people hold close to them and how they believe they should live their lives. Some people get their values from religion, while others learn them from their parents. Values can change through out a person life or stay the same. It is important for people to be self aware of what they value and to live their life according to how they want to. I value treating others how I would want to be treated, autonomy, family and being truthful.

One value that I hold close to me is do unto others as you would want done unto you. This means that I should treat other people how I wish to be treated. My parents taught me this starting when I was very young. It is important because if you treat other people harshly and hurt them you should not expect anything better. This value could be compared to the principle of beneficence. Beneficence is trying to help others and trying to do good for others. I want to be treated with respect and kindness and because of my belief in treating people how I want to be treated I am pushed to behave beneficently.

My value in treating others as I would want to be treated gives me a strength in being empathetic. I feel for the client that hurts and I am patient with them. Having a client that is difficult can be hard and many people may lose their patience, but I would want someone to be patient with me and in turn strive to always be patient with others. I would also want people to be non-judgmental towards me and I feel that it is important to be open with people and not to judge them.

Autonomy is also a value that I believe strongly in as well as being one of the six ethical principals. It is vital for people to take ownership of their actions and to know that they have a choice in every situation. While this has always been important to me I have seen how essential it is to instill in clients in my work at a group home. When you value autonomy you are giving the power to the other person or client in the professional world. Most Americans tend to value autonomy, but you must be aware of other cultures because if you try to push autonomy on a person in a culture that values cohesiveness of a group rather than being independent you could end up hurting them rather than helping them.

Valuing autonomy also means that I attempt to have good listening skills. If you are giving that person control over their lives there should be less advice giving and more listening. The more you talk the more power you are taking away from the person or client. It is important that they know you are there to talk with and to make some sense out of what they are going through, but that ultimately they are in control of their lives. I also have a weakness dealing with autonomy because I always want to help everyone and make their lives better. I have to constantly work through this need and reassess my words to make sure that I am giving them the power.

My family is a big part of my life and it is something I value a lot. I feel that it is important to keep the family together whenever possible. In my opinion, people should try to spend as much time as possible with their family. While I believe in people being independent I also consider cohesiveness of the family to be important. I try to stick by my family and help them in the decision they make. It upsets me to see families broken apart because the parents are too busy working or going out. A family is supposed to be a

support system that people can rely on, but if you are never around to build a sound relationship the support system is lost. Family is one of my top priorities and it saddens me to see that it is not everyone's.

Being dependable and truthful is also essential to my life. When I say that I am going to do something I make sure that it gets done. I think it is important to keep promises because it builds trust and enhances the relationship. Fidelity and veracity are two ethical principles that relate to being dependable and telling the truth. I, as a former client, was hurt when the counselor told my parents something that she said wouldn't have. It hurt the counseling relationship and I chose not to talk to her again. I also think that it would hurt other relationships because if a person can't trust you to be truthful and dependable then they will most likely stay away in fear of being hurt.

My values are what hold me together and are my guidelines for how to live my life. I value giving other people power, treating others how I would want to be treated, family, being truthful and dependability. I feel that these are important to possess especially in a helping relationship. Through out my life I may change them or add to my list because I feel that it is important to be open to other ideas and to adapt them to my existing values. Everyone has to have some kind of values that they believe in, but remember that they don't always have to be the same.