

Helper Self-Evaluation

- Did my helpee want my help?
- Did I present all information in a neutral way without my values associated with it?
- If I did allow my values to come through, did I at least say that way my own but acknowledge my way is not the only or the best way necessary for anyone but me?
- Did I create a safe space for my helpee? Did my helpee feel safe with me?
- Did I create a connection with my helpee?
- Does he or she know I care?
- Does my helpee know I like him or her and have something in common with him?
- Did I let my helpee know how important she is?
- Did I listen intently and purposefully?
- Did I show respect and nonjudgement toward my helpee?
- Did I give my helpee at least three choices of behavior, e.g. “You can do it exactly the same, better or worse”?
- Did I give my helpee as much independence as he can responsibly manage?
- Did I engage my helpee’s creativity? Was I having any fun and/or learning with my helpee?