

'Impact on Others' Self-Evaluation

One vital area of self-reflection relates to how our behavior affects those around us (Wubbolding, 2017).

This exercise considers key aspects of our lives, how we behave in them, and our impacts on others – good or bad.

Ask your client to consider three central areas of their lives. For example, work, education, family, interaction with community, etc.:

First area

What aspect of our lives are we considering?

What people do we affect, and how (positively and negatively)?

People (e.g. colleagues, family, friends, etc.)	What affect do we have on others? (e.g. I am lazy at work and others have to do extra)	Is it positive or negative?

People (e.g. colleagues, family, friends, etc.)	What affect do we have on others? (e.g. I am lazy at work and others have to do extra)	Is it positive or negative?

Second area

What other aspect of our lives are we considering (for example, education)?

What people do we affect, and how (positively and negatively)?

People (e.g. friends, study partners, teachers, etc.)	What affect do we have on others? (e.g. I make my teacher's life more difficult)	Is it positive or negative?

People (e.g. friends, study partners, teachers, etc.)	What affect do we have on others? (e.g. I make my teacher's life more difficult)	Is it positive or negative?

Third area

What other aspect of our lives are we considering (for example, family)?

What people do we affect, and how (positively and negatively)?

People (e.g. siblings, parents, children, etc.)	What affect do we have on others? (e.g. I never make time for anyone)	Is it positive or negative?

People (e.g. siblings, parents, children, etc.)	What affect do we have on others? (e.g. I never make time for anyone)	Is it positive or negative?

Considering our impact on others helps both client and therapist form a more complete picture of reality.

References

- Wubbolding, R. E. (2017). *Reality therapy and Self-Evaluation – the key to client change*. Alexandria, VA: American Counseling Association.

Dr. Jeremy Sutton