
Helping

How do you like to be helped? How does it make you feel? Sometimes we feel disempowered when a person who wants to help just takes over our decisions and start to control what is happening.

Individuals need to find their own way through difficult situations. Let us not make the mistake of telling people what to do, especially telling them that what we did is the best way of solving their problem. Let us assist them to come to their own decision and encouraging and supporting that decision. If we truly believe that the decision will have bad consequences, talk through the possible effects and brainstorm ways that might help.

Help people to help themselves

Our goal is to help people to become better at helping themselves and to help people manage their problems in their lives more effectively – to think through situations for themselves and look at all the pros and cons to reach the best outcome.

It is a great relief to know that we do not have to solve people's problems or do something grand to make them feel better. Listening with respect and empathy helps them enormously. I am sure that you have been able to work things out in your own mind as you share the problem with someone else – verbalising the problem rather than mulling it around and around in your mind helps to clarify the issue.

Ask what would be helpful

Sometimes we want to do something practical to help. ASK what would be helpful. It is often difficult to know. Does the person need help with cleaning? Shopping? Cooking? Child minding? Or would a drive and a chat over a coffee be more appreciated?

Caring for others requires time and emotional energy and can present us with a real challenge in the busyness of our lives. **“Let us not become weary in doing good.”** Galatians 6:9

Helen Smallwood

adelphicare.org extends thanks to Helen and the Victorian Christadelphian Support Network
