

How to Have a Better Relationship with Coworkers Essay

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After yesterday's class, I have thought a lot about my attachment style, and how I relate to others in a professional setting. I think, that for a very long I have removed myself from having relationship with people I work with. Not to say that I haven't been available, but I definitely have had my guard up. I do not trust people, and although I am openly out as a gay woman, I am consistently questioning the way people relate to me based on my sexual orientation. I know that it may sound very paranoid, but as a supervisor, I think that people have undermined my place based on my sexual orientation.

This may seem exaggerated, but I think living in the bible belt of America has given me a perspective that many may never be aware of. For example, I am confronted by people that look down on me as a sinner and that as a privileged Christian they do not have to take my direction or guidance. In addition, this privilege and demeaning of my place has been reinforced by others, staying things like "it's their right to feel that way." In order for me to be a successful supervisor I am going to have overcoming the pain and discrimination I experience daily. I am just not there yet, it still affects me greatly as I am unwilling to be a quite disturbing gay person that adapts to be tolerated. I demand

acceptance and that may never happen.

Until my dream for world peace is fulfilled, I can begin working on becoming skilled in my ability to make and keep a healthy relationship between myself and supervisee. I need to perfect my reflection skill, I want to further develop it, as I think it will help me step back and gain a perspective of the issues surrounding supervision. I think reflection strengthen and deepen ones understa...

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...ee) different from the therapeutic alliance (therapist and client) because the first is a guidance towards professional growth, since the therapeutic alliance is a guidance towards personal growth and healing.

Works Cited

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