

Freedom Thoughts

Caregiving / Counsellor / Ministry Worker

These Freedom Thoughts, statements, and insights are offered as *suggestions* for you to consider. Please feel free to ignore any that don't apply. It can be helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

Feel free to check out the FCM's website to meet our team.

<https://www.freedomcounsellingministries.co.nz/>

Note: Some of these are aimed at:

- those who struggle to believe that what they are doing has worth, value, or makes a difference.
 - those who hold the misbelief that, in order to help others, they must "have it all together."
 - those who become too enmeshed in their caring role.
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- Having everything sorted out is not a qualification for a caregiver, counsellor, or ministry worker.
 - **2 Corinthians 4:7:** *But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.*
 - Nothing about me will be perfect this side of heaven.
 - It is a misbelief that I must not appear imperfect to others.
 - My confidence needs to be in my own hands, not in others', because no one is testing me.
 - My confidence and competence are not a poll.
 - I need to make friends with my humanity.
 - I can distinguish between being a gift and being a test.
 - Caring is a gift, not a test.
 - My worth is not in the person's or client's hands.
 - Caregiving, counselling, and ministry work are for the person's or client's benefit -not for me. My worth does not need to be in the room.
 - I have worth and significance before I say or do anything.
 - Feeling inadequate does not make it true.
 - I am not perfect, but I am enough - because I turned up to help.
 - I am the gift - before I say anything.
 - Healing is not perfection - neither the client's nor mine. Improvement is the goal.
 - Sessions are always different from how I imagine them, so trying to predict the outcome is a waste of time and can produce anxiety.
 - Preparing for a session is needed, but preparing for a negative outcome is not.
 - I need to fixate on the truth - that most sessions end well. I'm here to help, not to fix.
 - The client's problems are the client's responsibility.
 - If the evidence says I am good at my job, it is a lie to believe otherwise.
 - Clients who don't accept my wisdom or skills won't book another session - and that's okay.
 - I am doing fine as a caregiver, counsellor, or ministry worker.
 - Referrals are proof that I am skilled and trusted.
 - Being a caregiver, counsellor, or ministry worker isn't a ticket out of being a human being.
 - I need to model self-worth and acceptance to the person or client.
 - It may be the person's or client's first encounter with a safe person.
 - I can have fun helping others.
 - The client is sad, not me. The client is anxious, not me. The client is angry, not me. If I take on their emotions, I risk enmeshment and burnout.
 - If something is worth doing well, it's worth doing badly - while I get better at it.
 - I am *a* caregiver, counsellor, or ministry worker - but *the* Counsellor lives in me. When I fall short, He is always with me, and I can ask for help at any time.
 - Who God calls, He enables.