My Role

I am here to listen, not to work miracles.

I am here to help you discover what you are feeling,
Not to make the feelings go away.

I am here to help you identify your options,
Not to decide for you what you should do.

I am here to discuss steps with you,
Not to take steps for you.

I am here to help you discover your own strengths,
Not to rescue you and leave you vulnerable.

I am here to help you discover that you can help yourself,
Not to take responsibility for you.

I am here to help you learn to choose,
Not to make it necessary for you to make difficult choices.

I am here to provide support for change.