

## **Personal Philosophy and Theory of Change**

**There are a multitude of philosophies about human nature and the nature of change. To examine yours, consider. . .**

- 1. What is the nature of human existence?**  
Are we born into a world that is largely predetermined?  
Are we born into a world of endless possibilities?  
Are we born with predispositions to behave in certain ways?  
Are we completely products of our environment, acting only on cues provided by the physical and social realities outside of ourselves?
- 2. What is the nature of psychopathology?**  
How do people develop psychological problems?  
What are the cognitive forces within the individual that contribute to the development of psychological problems?  
What are the emotional forces within the individual that contribute to the development of psychological problems?  
What are the social forces within the individual that contribute to the development of psychological problems?  
What are the physical forces within the individual's external environment that contribute to the development of psychological problems?
- 3. What is the nature of human change?**  
How does change occur in human beings?  
What factors contribute to an individual's ability to change?  
What factors might inhibit an individual's ability to change?  
What periods in a person's development are most permeable to the processes of change and which are the most rigid against it?  
How often do people normally undergo significant change during their lifetime?  
Once an individual has a well-established personality, are they capable of change. If so, to what degree?
- 4. What contributes to the existence of individual differences human beings?**  
To what degree do people act according to global rules which direct behavior?  
To what degree do people act independently of global rules which direct behavior?  
Does free will exist? If so, does it have any limitations?  
What are some examples of differences between individuals and groups of people on social, cultural, religious, political, etc. levels which may enhance or impede progress in a helping relationship?
- 5. What are some characteristics of an effective helper which may facilitate change processes in others?**
- 6. How do you think your beliefs about human nature and the nature of human change impact your own mental health? How do they impact your effectiveness as a helper?**