

## Using the effort of another

Some years ago I was working as a Generalist Counsellor in a rural health service, It was a great way to gain experience with a wide variety of personal circumstances and different age groups. I loved it.

I was in a counselling session once with a male about my own age and he was explaining to me that he was a bit shy socially, and then he said something that completely stopped me in my tracks. A light-bulb moment. (Or another hit in the head!)

I believe I did very well staying composed and not letting on that he'd said something of great significance to me. However, I did gently ask him to elaborate a little because it was helpful information in my work with him anyway.

He told me that he likes being around friendly and outgoing people because they do all the work.

Are you thinking what I'm thinking? Is this what was happening when we first met our partners? And is this a role we continue to fulfil for them? And for others?

My client did say that he found social situations and relationships difficult, but clearly he'd learned a very effective way to manage this. Without effort on his part. Using the effort of another.

Slightly annoying?

Carol Grigg, August 2015