



Personal Resume Guidelines

The purpose of the personal resume is to give me (and your significant other) a clear understanding of how you see yourself and how you might need to be understood by others. The hope is that you will be able to identify strengths and weaknesses and we can formulate a plan for change, where needed, that will provide you a purposeful life with opportunity for contentment in relationships or growth in the relationship with which we are concerned. All that is needed is the truth about you as you see you and an openness to make any needed changes. Please follow these steps:

1. Consider who you are. What are your strengths . . . what are your weaknesses? What are strengths and weaknesses physically . . . psychologically . . . spiritually?

2. Write down whatever comes to mind that fits the questions above. You can write out what you think about you and what others think about you. Keep separate which are which.

3. Organize these items into a format some what like this:

The primary question is "Who am I?"

There are three parts to every person. First there is your spiritual nature, then your psychological nature, then your physical nature. Start with your physical nature because that is easiest to know.

Some issues may overlap into two or more areas, that is ok.

4. How do you want these characteristics to apply to your relationships? Are there things you want to change, keep secret, strengthen, use more often, only show to some people, manage better? These are your desires and must reflect your values.

Who Am I?

Who am I physically? Answer:

6'1" tall, 165 pounds, black hair, small nose, deep voice, soft brown eyes, a little heavier than I want to be, smooth beard, strong hands, small feet, pimples on my back, weak legs, dark olive skin. Others say I am good looking.

Who am I psychologically? Answer:

Intelligent, witty, humorous, sad, spontaneous, rushed, caring, over-responsible, sarcastic, angry a lot, like to sit with others in a warm atmosphere, like to play sports and watch sports, want my needs met first, want to help others make a profit in life. Others say I am a brilliant jerk.

Who am I spiritually? Answer:

I believe there is a God and I am not it. God kind of wound up the universe and is watching from the sidelines. My nature is to get all I can whenever possible. Sunsets and sunrises bring tears to my eyes. I like to listen to classical music because it makes me feel calm inside.

How do I want these characteristics to apply? Answer:

I want to use my intelligence to help other people and my caring to be felt by the people I know. I want others to laugh when I am witty and cry when I am sad. I would

Your resume is your resume. Do not try to impress anyone other than with pure objectivity. The deeper you get the more you will get out of this exercise. All things will remain confidential to the counseling relationship. Please write so that the resume can be read but do not worry about punctuation nor spelling. This homework should take about a week of objective thinking and writing. Be sure to ask questions if you have any. This exercise usually takes about one type-written page to complete. Have fun but work hard.