

Presbyterian Counseling Center

CENTERPOINT

At the Center we see quite a number of clients who are in their 20's, many of them single. The task of developing self-reliance, in some aspect or another, comes up frequently in counseling as young women and men face the victories and defeats of early adulthood. This task is crucially important because it involves consciously shaping one's self by choosing and practicing individual values and life patterns.

Learning to set standards of excellence and integrity for oneself is a healthy way of claiming God's good purposes for one's life. Learning to grab hold of tough problems, for example, wrestling with those problems and resolving them, while resisting the temptation to dodge or over-delegate responsibility to others nurtures one's confidence. Letting go of the inclination to over rely on parents is not always easy, but is a sure step toward self-reliance. And practicing self-reliance in one's relationships often leads toward making wise choices in finding a life partner. Marriage, after all, is best entered into when both partners have developed the esteem for themselves and for each other which accompanies self-reliance.

The Center's five therapists are available to work closely and sensitively with young adults who are navigating their way through this momentous third decade of life.
www.presbyteriancounselingcenter.org.

-George R. Slaton