



# Counseling Connections

## Which One Are You?

Submitted by Luella Heetderks

A carrot, an egg, and a cup of coffee...You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up, She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, ' Tell me what you see.'

'Carrots, eggs, and coffee,' she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg.



Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

'Which are you?' she asked her daughter. 'When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?'

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some  
*Continued on Page 3 . . .*

### INSIDE THIS ISSUE



Which One Are You?	1
Textbooks for Spring Semester	2
Which One Are You? (Continued)	3
From the Editor	3
Fun and Games	4



# Textbooks for Spring Semester

COUN 605: Counseling: The Helping Relationship – Phyllis Robertson

- [The Skilled Helper](#) by Gerard Egan 8th ed. (ISBN #: 0495092037)

COUN 615: Multicultural Counseling – Lisen Roberts

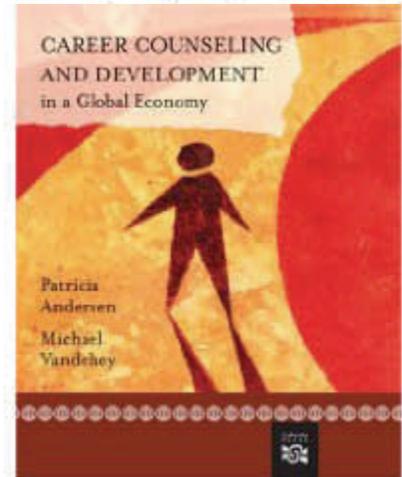
- [Counseling American Minorities](#) by Donald R. Atkinson, 6th ed. (0697361853)

COUN 620: Counseling Children and Adolescents – Phyllis Robertson

- [Counseling Children and Adolescents](#) by Ann Vernon, 3rd ed. (0891083049)

COUN 625: Counseling: Developmental Perspectives – Mary Deck

- [The Life Span: Human Development for Helping Professions](#) by Patricia Broderick and Pamela Blewitt 2nd ed. (0-13-170684-5)



COUN 635: Group Methods– Dale Brotherton

- [Groups: Process and Practice](#) by Marianne Schneider Corey and Gerald Corey 7th ed. (978-0-534-60795-1)

COUN 650: Career Development – Phyllis Robertson

- [Career Counseling and Development in a Global Economy](#) by Patricia Anderson and Michael Vandehey (0618426345)

COUN 650: Career Development – Dale Brotherton

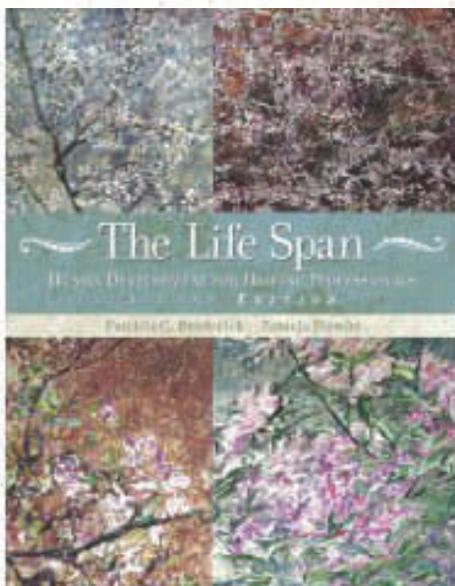
- [Career Counseling and Development in a Global Economy](#) by Patricia Anderson and Michael Vandehey (0618426345)

COUN 667: Diagnosis and Treatment in Counseling – Valerie Schwiebert

- Either [the TR](#) (0890420254) or [the red and gold edition](#) (0890420629) but must buy the entire edition, not just the pocket guide
- [Selecting Effective Treatments](#) by Linda Seligman, et al. 3rd Ed. (0787988685)

COUN 687: Internship in Community Counseling – Dale Brotherton and Mary Deck

- [ACA Ethical Standard Casebook](#) by Barbara Herlihy and Gerald Coret (978-1-55620-255-1)



## Recommended Websites for Buying Textbooks

[Bookfinder.com](#) – compares prices of textbooks at many different websites

[Textbooks.com](#) – low prices, good service and free shipping

[Amazon.com](#) – often has prices cheaper than the campus bookstore

[Half.com](#) – similar to eBay, usually has the cheapest prices and allows you to sell old textbooks

[Bigwords.com](#) – another site comparing textbook prices from different websites with the help of orange robots

# Which One Are You?

Continued from Page 1

other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?



Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is the darkest and trials are their greatest do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

May we all be COFFEE!!!!!!!



Negative emotions are often crucial for survival—but only in time present. The positive emotions are more expansive and help us to broaden and build. They widen our tolerance, expand our moral compass, and enhance our creativity. Positive emotions, especially joy, make thought patterns more flexible, creative, integrative, and efficient. When we are frightened, angry, or depressed, it is hard to create or learn new things.

~George Valliant

We're on the Web!  
[HTTP://CEAP.WCU.EDU/  
COUNSELING/GUIDES.HTM](http://ceap.wcu.edu/counseling/guides.htm)

## From the Editor

Thanks to Luella, the professors and others who contributed to this month's issue. *Counseling Connections* thrives on thoughtful submissions.

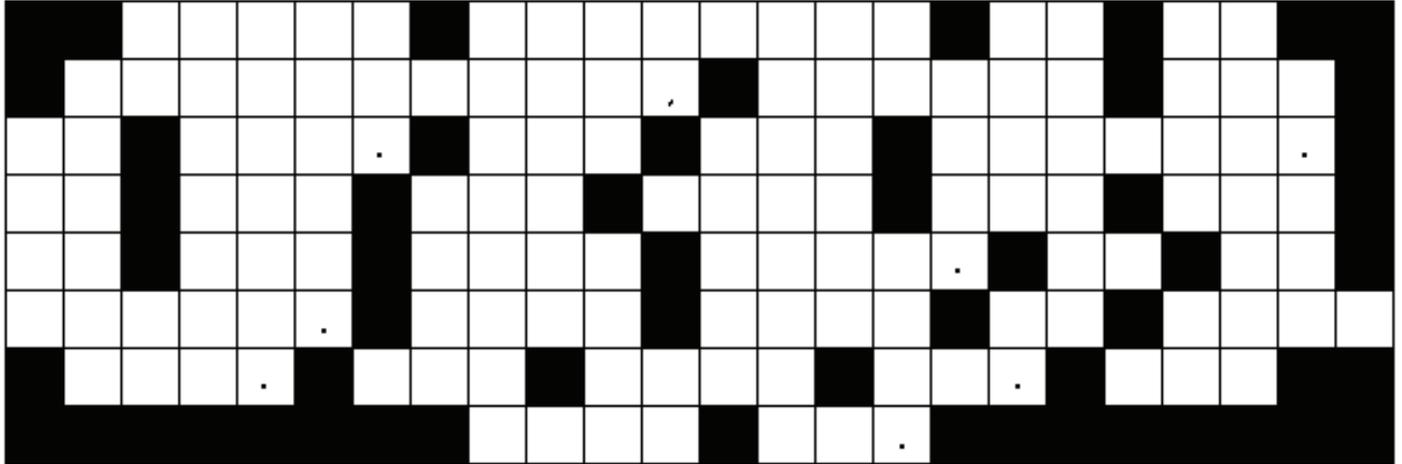
During this fall semester *Counseling Connections* will once again be coming out monthly and we are looking for your submissions. The deadline for the December Issue, the final issue this semester, is Friday, November 21. If you'd like to publish your thoughts on counseling, your experience with the program thus far, your poetry, stories or art, or information about conferences email them to me at [phillip.waalkes@gmail.com](mailto:phillip.waalkes@gmail.com) or give them to Lisen Roberts.

As always I'd love to hear any comments, suggestions or ideas you have. ~Phil Waalkes

# Fun and Games

## Fallen Phrase Puzzle

Solve this puzzle by matching the white squares with the correct corresponding letters below. One letter from each column will belong in one white box in each column. When solved correctly, you will discover a quote by Eleanor Roosevelt.



M

O

	D		Y	U	L		I	L		N													
I	I	S		O	O	U	E	D	E	I	U	I											
O	O	N	C	C	A	N	M	A	I	M	E	O	S	C	O								
T	O	N	U	S	E	Y	E	A	R	T	L	L	T	B	T	D	U	O	A	N			
N	O	U	N	I	E	E	O	O	U	E	E	Y	R	N	I	Y	I	I	Q	H	U	U	
Y	O	S	Y	N	U	I	Y	U	V	K	R	T	N	O	E	O	N	Y	Y	Y	O	S	
B	E	W	R	O	V	Y	D	U	A	R	O	L	I	F	E	U	I	S	T	A	E	W	R

