

## The Difficult Art of Helping

By Victor Bejar

The line between “feed the hunger” and “favoring with our intervention the self-independence of the person we are helping” is the issue that this essay intends to think about and it is the Difficult Art of Helping.

If someone comes up to your house and tells you he or she is hungry, that hasn't take any food for days and has no way to get some food, feed he or she. But if the very same person comes again the next day, feeding him or her without questioning the causes of this situation may be one of the many ways of helping this person in an inadequate way, and promoting a conduct in which you may be satisfying the requirements of your own consciousness, but you're not really helping. On the opposite, believe it or not you are harming that person.

When a person who made a living out of borrowing money from family was questioned a the family member about this conduct that has being taking place for several years, and this person was invited to think about the core reasons of this behavior, the answer was forceful: I am asking money out of you, not your advices. And this person was right, he or she knew for years that you can live out the charity and has no time nor the will to listen out. It may happen that he or she gets convinced that it was not a healthy habit to live that way. The victims? Family, mainly parents, then siblings, sons and daughters and, of course, anyone else that gets in the way. Does the situation would've gotten better? Of course not, family members, tired of supporting this person, stop being a source stop giving money away. In the other hand, this person's need were more and more every time and the victims were less and less, for those who had not

understand the difficulty of helping were required with bigger amounts every time. Their consciousness or the hard work of thinking if they were really helping and doing the correct thing, made them keep on giving money.

That's why helping, really helping, is a real art.

Let's place our characters:

The helped one: Person who requires economic and/or time support and may or may not ask for it.

The helper: Person willing to share a part of his or her patrimony and/or time helping someone.

Now let's analyze our characters:

The helped one:

A person who has a temporary or permanent shortage and may or may not ask for help to solve it.

Aspects to consider:

First. Which one is the physical, mental and emotional condition of the persons who's asking for help?

Second. What is the porpoise we have to chase for when giving adequate help to someone?

And last, we should analyze which one is our goal when helping someone. It is not the same helping a severe handicapped person either physically or mentally, than a person with all of his or her capabilities. And even so, we have seen handicapped people succeeding as athletes or employees. I feel ashamed of complaining about all when I have no handicaps at all.

Helping a handicapped is promoting his or her development to make out of this person a Self-independent person. And if this works for handicapped people, it's

even more for people with no handicaps. Helping is promoting the development of physical, mental and emotional capabilities.

The helper:

Is the person who is asked for help, or because of personality is always available to help others even when no one asks for help.

The answer to: Why do we help in an inadequate way? Is very complex, so we should not give simplistic answers like: to be perceived as “the good one”, or the rude answer of saying that all helpers are doing it to wash out a dirty consciousness. No, the core business is much more complex than that. The person that helps in an inadequate way does that for multiple reasons. May be someone sold out the idea that if you are doing fine you must, no matter what, help those who are less lucky. Usually the askers try to sell out this idea. Or the risk of being badly taken, and why not, being accepted and introduce themselves with a Saver image. The helped ones develop special abilities to communicate and reinforce this conducts and they are experts in the art of seduction.

We cannot know if our way of helping is the correct or not, that’s why he should have a reference, so we can really and effectively help. We should be clear about the only valid porpoise is to promote the potential development of the helped one, so in a short term this person may be self-independent. Any other scheme may not be a real help. Maybe that’s why helping is very difficult.

### **Provocative questions**

1. Why do you help others?
2. What is your real intention when helping others?

3. Do you know the results of your interventions? Do you follow them?
4. How do you feel after helping?
5. How do you feel if you deny help?