# **Helping the Homeless?**

# **with Reverend Roger Quick**

Sometimes, things will happen in our lives that will make us question our worth. These difficult situations are hard to overcome, and it puts us in a seemingly inescapable trap. When placed in these unfortunate situations, the journey towards healing may feel unreachable. Have you found yourself in the chains of these events and their repercussions?

In this activity, you will go through a reflection on your thoughts and feelings towards the homeless. As you answer the activity, you will uncover things about this issue and your response to it. This supplementary workbook will help you move evaluate your why you feel and think they way you do, how you can change that if need be and how you can help tackle the issue of homelessness.

## **QUOTE TO REMEMBER**

***“In regard to not wanting to identify with someone who is homeless. Part of this is because we try to shield ourselves from pain and if we let someone from that situation in then we feel their pain and suffer with. Con passion. We try to avoid that. Part of the solution to that is to know that it is alright to hurt.”***

**Activity: Empathising**

### **Who are your pillars of strength?**

Reverend Roger told us about some cognitive research that shows that when most people see a homeless person on the street, they don’t see them as a person but instead see them as an object. The simple trick to overcoming this is to simply ask yourself whether that person likes carrots or broccoli.

* 1. Take some time to reflect on how you see homeless people. What are your thoughts on them? Do you see them as an object or recognise their humanity?

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* 1. Reverend Roger also explains that most people don’t want to go through the effort of empathising with a homeless person because to do so would involve some suffering on our behalf. Does this ring true to you?

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### **Tackling the Issue**

Reverend Roger reminds us that there is a lot we can do to help homeless people but that giving them money is probably feeding their habit. If we are to buy them food or drink remember to ask what they would prefer. Recognise their humanity. You could also just sit down and have a chat with them if you have the time. Can you think of any other useful things that can be done to help tackle this growing problem?

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## **What You Will Learn from The Activity**

In the episode, Reverend Roger shared with us the importance of compassion and empathy.

We need to remember that every homeless person we see on the streets has a story worth telling and a life worth living. We need to stop disregarding and start recognising them as our neighbours, who have fallen on stony ground. If we can all act with compassion and empathy then maybe we can really begin to tackle this issue.