SUSPICION

Usually, suspicious students complain about something other than their psychological difficulties. They are tense, cautious, mistrustful, and have few friends.

These students tend to interpret a minor oversight as significant personal rejection and often overreact to insignificant occurrences. They see themselves as the focal point of everyone’s behavior and everything that happens has special meaning.

Usually they are overly concerned with fairness and being treated equally. They project blame onto others and will express anger indirectly. Many times they will feel worthless and inadequate.

Helpful to:

- Send clear, consistent messages regarding what you are willing to do and what you expect.
- Express compassion without being overly friendly or familiar.
- Be aware of personal boundaries and space when interacting.
- Be aware of your own anxiety about how the student is acting or communicating.
- Let them know that you are concerned.

Not helpful to:

- Be overly warm or sympathetically close to the student.
- Flatter the student, laugh with them or be humorous.
- Assure the student that you are their friend or advocate.
- Assure them that you will be fair in your treatment of them.