**Outline: Psychology Reflection**

* When I took on a career in psychology, I knew that it would be exciting, interesting, but also challenging.
* Before delving into the exact details of the experiences, it is vital to review the patients that I saw over the period.
* The lack of trust may lead to the patient refusing to open up fully to the therapist.
* Another fear was that my personal experiences would interfere with the therapy sessions.
* This would happen if I let my emotions get better and try to please the patient instead of extending the necessary care for their therapy session (Proti, 2016).
* Further, there was the risk of transference with this patient, which would lead to an emotional entanglement.