

Doing, Being, and Becoming

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According to Ann Allart Wilcock, the article *Reflections on Doing, Being, and Becoming* entails intentional action (doing), genuine self-awareness and existence (being), and ongoing development and potential (becoming). This article resonated with me, particularly because at Sacred Heart, I am a Division 1 softball athlete. Since people are considered successful on offense only one out of every three times, the sport is notorious for failure being more common than success. This connects to the article because the concept of becoming is linked to growth, and one grows in the sport through their failures (Wilcock, 1999). Similarly, the concept of being “requires that people have time to discover themselves, to think, to reflect and to simply exist,” and I often find myself engaging in review of my performance to discover how I can become a better athlete (Wilcock, 1999, p. 5).

The concepts of doing, being, and becoming are also of significant importance to occupational therapists. For example, Wilcock (1999) states that “doing or not doing are powerful determinants of well being or disease” (p. 3). For occupational therapists, this emphasizes how meaningful occupations can enhance health and well-being, whereas occupational imbalance or deprivation can exacerbate illness. In addition, Wilson Schaefer (1990, as cited in Wilcock, 1999) emphasizes the notion of being by pointing out that reflection and solitude are equally as vital as productivity because they foster personal development and let ideas shine. This reinforces the importance of helping clients develop self-awareness and balance.

These concepts will also be essential in my work with future clients. For instance, Schaefer (1990, as cited in Wilcock, 1999) describes becoming as recognizing life as a process. This matters for clients because they must understand that achieving goals takes time and cannot happen overnight. Likewise, being is another concept that will be important for clients to grasp

because it reminds us not to demand perfection from ourselves immediately. By supporting clients in accepting frustration as part of the process and encouraging balance between doing and being, occupational therapists can help them move toward meaningful becoming.

References

Wilcock, A. A. (1999). Reflections on Doing, Being and Becoming. *Australian Occupational Therapy Journal*, 46(1), 1–11. <https://doi.org/10.1046/j.1440-1630.1999.00174.x>