

## EXPLORE YOUR LEADERSHIP COMPASSION CAPACITY

### STEP 1: RATE YOUR COMPASSION CAPACITY

- Think about the importance of compassion for our profession, and specifically for your community as you read the following statements.
- Where are you along each continuum? Rate yourself as far to the right, far to the left, or somewhere in the middle.

I feel uncomfortable knowing about caregiver's suffering and would rather keep this awareness out of my work.

#### NOTICING

I feel comfortable knowing about caregiver's suffering and see this awareness as an important aspect of my work.

In this group, I seldom have conversations in which I notice a caregiver's suffering.

#### NOTICING

In this group, I often have conversations in which I notice a caregiver's suffering.

In this group, I tend to see caregivers who get behind or make mistakes in their work as problematic and want to get away from them.

#### INTERPRETING

In this group, I tend to see caregivers who get behind or make mistakes in their work as in need of help and I approach them.

In this group, if I find out that a caregiver is having difficulty in his or her life, I tend to ignore it and keep the focus on tasks.

#### INTERPRETING

In this group, if I find out that a caregiver is having difficulty in his or her life, I tend to ask about it and focus on their well-being.

I seldom feel concern for others in this group. I seldom feel concern for caregivers in my community.

#### FEELING

I often feel concern caregivers in my community.

I find it difficult to take the perspective of others in our community.

#### FEELING

I find it easy to take the perspective of others in our community.

I rarely find myself taking action to help others in our community.

#### ACTING

I often find myself taking action to help others in in our community.

If I found out that caregiver's in our community were suffering, I would not know what to do to comfort them.

#### ACTING

If I found out that caregiver's in our community were suffering, I would very likely know what to do to comfort them.

**Strengths:** Identify the two lines where you rated yourself farthest to the right-these are your strengths. Do they correspond with noticing, interpreting, feeling, or acting?

**Challenges:** Identify the two lines where you rated yourself farthest to the left-these are your challenges. Do they correspond with noticing, interpreting, feeling, or acting?