

CREATE YOUR PERSONAL BLUEPRINT FOR COMPASSION AT WORK

- Note below whether each aspect of the compassion process is a strength or a challenge.
- If it is a strength, think about how you can build on it to awaken greater compassion in your work.
- If it is a challenge, think about how you might strengthen your capacity in this area.

NOTICING SUFFERING

This aspect of compassion tends to be a _____ strength _____ challenge.

Building personal capacity

What could I do to become more comfortable knowing about caregiver's difficulties?

What could I do to make room for suffering to surface?

What could I do to better notice when a caregiver is "not themselves"?

How might I make myself available for deeper conversations where I might be able to notice suffering?

Strengthening group capacity

What makes it difficult in our community to know more about caregiver's lives, including their difficulties?

How could we engage each other differently to make it more likely that caregivers could reveal suffering and we would notice it?

Could we establish or use regular meetings to check in with one another? Could we have more playful times together that might make it easier to notice suffering.

GENEROUSLY INTERPRETING SUFFERING

This aspect of compassion tends to be a _____ strength _____ challenge.

Building personal capacity

What can I do to remind myself that "there's always pain in the room" when I encounter difficult situations at work?

How could I become more comfortable and skilled at asking if something is wrong when I notice that a caregiver is not "himself" or "herself" on a particular day?

How can I inquire about mistakes, errors, or missed deadlines in ways that do not create blame?

How can I learn more about common forms of suffering that occur in our community, so that I can take them into account?

Strengthening group capacity

How can we create reminders in our community that our caregivers are good, capable, and worthy of compassion?

How could we build more regular interpersonal check-ins into our work so that it is easier to understand and generously interpret what's happening when something is going wrong?

How might we engage each other differently when we experience a failure, so that we regard it as an opportunity to learn?

How can we educate ourselves about the common sources of suffering in the lives of our caregiver's and resident's so we can understand them more easily?