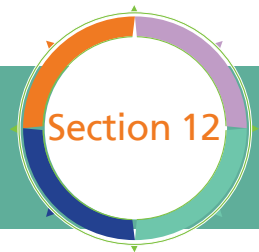


Building Compassion-Based Relationships with Caregivers



Reflection Worksheet

Caregiver Engagement and the Stages of Change Model

Increasing your compassionate engagement with caregivers is a goal to which the Stages of Change Model can offer insight and direction.

The stages of change model of behavior change includes six well-defined stages that people move through as they work to change specific behaviors. When considering how the stages of change can give insight and support your current change goals, it is important to identify your current stage for a particular behavior change goal.

Part One - Assess Your Stage

True False

Check true or false for each statement:

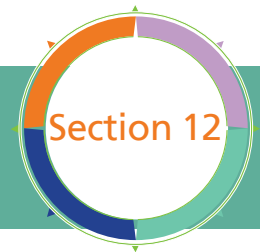
<input type="checkbox"/>	<input type="checkbox"/>	1. I improved my attitudes and behaviors around compassionate caregiver engagement more than 6 months ago.
<input type="checkbox"/>	<input type="checkbox"/>	2. I improved my attitudes and behaviors around compassionate caregiver engagement within the past 6 months.
<input type="checkbox"/>	<input type="checkbox"/>	3. I intend to take action in the next month and have already made a few small changes in my attitudes and behaviors around compassionate caregiver engagement.
<input type="checkbox"/>	<input type="checkbox"/>	4. I intend to take action on my attitudes and behaviors around compassionate caregiver engagement in the next 6 months.



Find the stage that corresponds to your responses:

- False for all four statements = **Precontemplation**
- True for statement 4, false for statements 1-3 = **Contemplation**
- True for statements 3 and 4, false for statements 1 and 2 = **Preparation**
- True for statement 2, false for statement 1 = **Action**
- True for statement 1 = **Maintenance** (if you are at this stage, select another target behavior)

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Part Two – Strategies for Your Stage of Change

Once you have identified your stage, go to that section and respond to the suggested reflection questions.

Precontemplation:

How might someone who cares about you and whom you respect, answer the following question? How have you noticed my defenses stopping me from hearing information from those who could be most helpful to me around compassionate caregiver engagement?

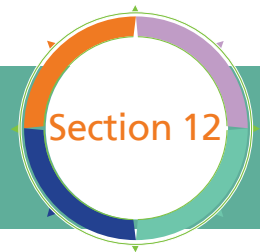
Who are the people in your life who you think offer the most positive influences? When was the last time you had a meaningful conversation with them about compassionate caregiver engagement?

If you were going to make a positive change in how you engage with caregivers, who might be the person in your life to push you to move too fast?

Who are two people in your life and/or community resources that you would benefit from being open to their insight and support if you wanted to make a change in how you engage with caregivers?

Is there any behavior in your current approach to caregiver engagement that, if you could free others who have the same behavior as yours, you would?

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Part Two – Strategies for Your Stage of Change *(Continued)*

Contemplation:

What have been the impacts of your caregiver engagement approaches to date? Who might help you discover answers to this question that may currently be hidden to you?

Make a list of all the pros and cons you can think of for changing how you think about and engage with caregivers.

Pros:

Cons:

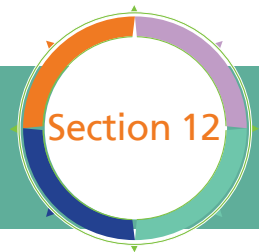
Take one of the cons of changing that behavior and write about why that con feels important to you. What is the story for you behind that con?

Research books, websites, people in your school or community, etc. that would offer motivational stories that would encourage you to increase your compassionate engagement with caregivers. After listing these, circle one that you are willing to expose yourself to in the next few weeks.

What seems to trigger the unhelpful past behavior?

What might be the consequences of and reactions to you changing that behavior from yourself and others? (What new image of yourself arises?)

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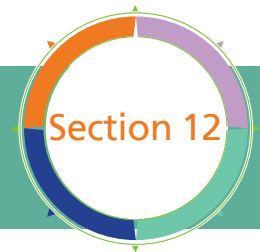
Part Two – Strategies for Your Stage of Change *(Continued)*

Preparation:

What have you discovered that you would like to be a part of your plan of action to increase your compassionate engagement with caregivers? List the steps of your plan and next to each give a time to start and a way that you will find support to do and maintain that aspect of your change. (Looking at the questions under Action may assist you to design your plan for change.)

Steps in my Plan	Timeline	Support
<p>You had reasons for the behavior that you have now chosen to stop or adjust. Think about the old reasons. Is the power of those reasons lessening now? Explain. (If not, you are still at the contemplating stage.)</p>		
<p>Go public. Who will you share your plan with? When? Name _____ Date _____ What can that person do to support you in this change to more compassionate engagement with caregivers?</p>		
<p>Who are others that you will share your plan with? Name _____ Date _____ What can that person do to support you in this change?</p>		
<p>Name _____ Date _____ What can that person do to support you in this change?</p>		

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Part Two – Strategies for Your Stage of Change *(Continued)*

Action:

During the next three months, how will you refocus your energy in times that you would normally engage in the less helpful behavior?

What situations will you avoid that bring temptation?

What helpful reminders are you using?

What are you doing to keep yourself calm and focused? What positive means will you use to deal with pressure to return to less helpful attitudes and behaviors around caregiver engagement?

How do you plan to recognize and free yourself from rigid thinking?

How have you practiced positive, realistic self-talk in relation to your plan for change?