

CAREGIVING

Check yourself before you wreck yourself

“As care givers we need to talk among ourselves and develop a feeling of companionship and community so we can teach it to others. A first step is to look at our fears and get a feel for our interactions, and how others see them. We need to lift up our interactions that bring peace and serenity to others. We all have little ways of showing love. If we can highlight these, then we have taken a first step in the discovery of what care giving is about. We bring much to the care-giving act. Our presence needs to express our warmest caring. We need to be aware of the beautiful deeds that we do and deepen them. As care givers, we need to find ways to share each other’s acts and remind one another what care giving is all about-- giving a part of ourselves to others.

Checking out our own way

Self-assessment is a difficult task. We have to look at ourselves and discover our own weaknesses and take pride in our strengths. Finding our strengths is the easy part. The difficult part is to recognize our care giving needs. It is a human tendency to deny our weaknesses. So, we have to create a process in which we feel safe enough to examine ourselves and pinpoint areas to improve. What makes this even more difficult is that we have to see ourselves as those whom we serve see us.”

-Dr. John McGee



“If you talk to a man in a language he understands, that goes into his head. If you talk to him in his language, that goes to his heart.”

-Nelson Mandela

It is incredibly important to assess one's self prior to entering any given situation. In doing so, we are more capable of being the best possible support, friend, coworker, spouse etc., to those who we are in relationship with. When we know ourselves, we are better able to respond.

There are hundreds of character tests that will help determine our typical reactional responses. The Enneagram (RHETI) is an incredible tool that uses thirty-six questions to determine our strongest characteristics. Knowing how we typically respond equips us to prepare ourselves for change, difficult situations and emotional responses. Go to <https://www.enneagraminstitute.com/> to complete the free RHETI Sample Test that can be found at the bottom of the web-page. Once completed, look at your results and read the corresponding assessment.

- 1 What are your top three highest ranking Enneagram test results?
 - A
 - B
 - C
- 2 From your perspective, what do these characteristics reveal about your personality? What are the potential strengths these reveal about yourself? How do these traits reveal potential weaknesses or emotional responses that could get us in trouble?
- 3 In the context of your team, share your observations. As a team, how can you safe guard and hold each other accountable for the way that we interact and respond to others?