Northern Lakes
COMMUNITY MENTAL HEALTH

CULTURE OF GENTLENESS - TEST

1. The purpose of our presence in the lives of others is to nurture, teach and sustain the experience of companionship connectedness and community
   - o True
   - o False

2. Which of the following are examples of lessening a demand on another?
   - a. Ask permission.
   - b. Respect the Person's sense of space.
   - c. Speak softly.
   - d. Make your presence welcoming and non-threatening.
   - e. All of the above.

3. One way to help ease a transition period for an individual, is to be very strict with your demands, and stay to your plan of action, regardless of what the consumer wants.
   - o True
   - False

4. Examples of positive interactions with another person would be;
   - a. Spending time with another person without creating demands on them.
   - b. Listening without judgement.
   - c. Being supportive to another in their difficult time.
   - d. All of the above.

5. One of the pillars of the culture of gentleness is to help a person feel loved and valued.
   - True
   - o False

6. The use of structure and schedule boards can reduce the demands on an individual, that contribute to them feeling unsafe.
   - True
   - o False

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Presenting Supervisor/Instructor [illegible] **Date:** 6-28-21