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 o **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.
   o **True** o False

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

Employee Name Judy Pitz
Job Title/Job Site DCW
Presenting Supervisor/Instructor Online NLCMH **Date:** 6/19/21