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

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