



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.
 True 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.
 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 False

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

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