

## The “10 x 10” Request created by Eugene Dufour

1. Be aware of an uncomfortable, upsetting, challenging, emotional event. **(Insight)**
  2. Ask a co-worker if you they have time for a “10 x 10”. **(Preparing and consent)**
  3. Take no more than 10 minutes to describe the situation and how it left you feeling. **(Ventilate)**
  4. The co-worker’s role is to receive the event and give reflective feedback that the person is being heard and understood. **(Validate)**
  5. Together, explore if an action needs to take place. Step 4 and 5 to take 10 minutes **(Support)**
  6. Reconnect within 2 days. **(Check In)**
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## G.R.A.C.E. for Cultivating Compassion

**G**athering our attention – get focused, be present

**R**ecalling intention – understand the ethical foundation of our humanity

**A**ttuning to self/other – tune in to our biases and sense the needs of others

**C**onsider what will serve – using wisdom and knowledge to inform our actions

**E**ngage and ending – take actions that support others.

Compassion, at its heart, revolves around connectedness and relationship. And it’s not just emotional resonance (empathy), but a desire to benefit others. Compassion demands attentional balance, intention and insight, embodiment and engagement. It demands grace and G.R.A.C.E.

Joan Halifax

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## Five elements of Relationship completion

- I forgive you.
- Forgive me.
- Thank you.
- I love you.
- Goodbye.

Dying Well - Dr. Ira Byock

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## Five Invitations

Frank Ostaseski is a Buddhist teacher and a leader in the field of end-of-life care. The five invitations are Frank's attempt to honor the lessons he has learned sitting bedside with so many dying patients. These invitations are mutually supportive principles, permeated with love. They are equally relevant guides to living a life of integrity. They can be applied just as aptly to people dealing with all sorts of transitions and crises—from a move to a new city, to the forming or releasing of an intimate relationship, to getting used to living without your children at home. Here's a big picture of the five invitations:

1. Don't wait.
2. Welcome everything, push away nothing.
3. Bring your whole self to the experience.
4. Find a place of rest in the middle of things.
5. Cultivate the 'don't know' mind.

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We in the care partnering communities  
frequently encounter people  
with life threatening illness  
at a point when they are  
*no longer who they have been and  
are not yet reborn into who they will be.*  
We meet them in a place between  
“no longer” and “not yet”



Joan Borysenko

One of the hardest things  
we must do sometimes is to  
be present to another person's pain  
without trying to "fix" it,  
to simply stand respectfully at the edge  
of that person's *mystery* and *misery*.  
Wholeness does not mean perfection:  
it means embracing brokenness  
as an integral part of life.

Parker Palmer