(106) Self-competence in death work

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | No | Rather little | Average | Rather a lot | Very much |
|  | I can fully accept that there are uncontrollable parts of life, such as the death of a patient / service user. | 1 | 2 | 3 | 4 | 5 |
|  | I can fully accept the unavoidable sufferings in life, such as the pain experienced by the patient / service user in the face of death. | 1 | 2 | 3 | 4 | 5 |
|  | I am ready for the death of myself and my family, such as talking openly with my family about the death, or considering arrangements for the aftermath. | 1 | 2 | 3 | 4 | 5 |
|  | I have dealt with most of the unfinished things and reduced the regrets in my life. | 1 | 2 | 3 | 4 | 5 |
|  | Facing the impermanence of life, I cherish what I have now and can practice in life. | 1 | 2 | 3 | 4 | 5 |
|  | Facing the impermanence of life, I live more actively and have found the meaning of life. | 1 | 2 | 3 | 4 | 5 |
|  | I can fully accept that my emotions will be affected when I work. | 1 | 2 | 3 | 4 | 5 |
|  | I can effectively deal with the emotions caused by my work. | 1 | 2 | 3 | 4 | 5 |
|  | I have dealt with past experiences related to bereavement or death. | 1 | 2 | 3 | 4 | 5 |
|  | When work is stressful, I can take care of my needs. | 1 | 2 | 3 | 4 | 5 |
|  | I can fully embrace the nature of death work, including feeling regret or heavy at work. | 1 | 2 | 3 | 4 | 5 |
|  | Even if I can't change the fact of death, I am still sure of my contribution at work. | 1 | 2 | 3 | 4 | 5 |
|  | When work brings stress, I can find meaning in work. | 1 | 2 | 3 | 4 | 5 |
|  | I didn't bring the emotions from work into life, nor did I bring the emotions from life into work. | 1 | 2 | 3 | 4 | 5 |
|  | I admit that professional helpers also face life and death challenges like ordinary people, so I can accept my restrictions at work. | 1 | 2 | 3 | 4 | 5 |
|  | I can fully accept myself as a professional helper, and when I face life and death, I can feel powerless. | 1 | 2 | 3 | 4 | 5 |