



Recognizing Sinkers

YOUR NAME: _____ DATE: _____

Recognizing Your Sinkers Activity-

Sinkers are the things that trigger us into Name, Blame, Judge. Over the next week, write down your sinkers related to the following:

Clients

1. _____
2. _____
3. _____
4. _____

Patients

1. _____
2. _____
3. _____
4. _____

Support Staff

1. _____
2. _____
3. _____
4. _____

Other Colleagues

1. _____
2. _____
3. _____
4. _____



Recognizing Sinkers

Supervisor

1. _____
2. _____
3. _____
4. _____

Your Practice

1. _____
2. _____
3. _____
4. _____

The Veterinary Profession

1. _____
2. _____
3. _____
4. _____

Finances

1. _____
2. _____
3. _____
4. _____

Family

1. _____
2. _____
3. _____
4. _____



1 Life Connected

Recognizing Sinkers

Sign. Other

1. _____
2. _____
3. _____
4. _____

Friends

1. _____
2. _____
3. _____
4. _____

Social Media

1. _____
2. _____
3. _____
4. _____

Self/Inner Critic

1. _____
2. _____
3. _____
4. _____



1 Life Connected

Recognizing Sinkers

Be 1 Life Connected!

We are mindful of our response

We create our environment

We embrace our emotions

We find self-forgiveness

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1 Life Connected

Connecting Careers with Life's Passion

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