



## Brown Gauze Moment Team Worksheet

YOUR NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### Recognize, Embrace, Connect

How did watching the brown gauze moment video resonate within yourself and your veterinary team? \_\_\_\_\_

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Discuss brown gauze moments we have had as a team in the past? \_\_\_\_\_

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How have you shared brown gauze moments with the team in the past?

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What feelings within yourself can you recognize were present when watching someone else share their brown gauze moment? \_\_\_\_\_

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## Brown Gauze Moment Team Worksheet

**What can we do as a team to create a safe space that allows us each to express brown gauze moments?** \_\_\_\_\_

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**How can we move away from “name, blame, judge” in forgiving each other for having brown gauze moments?** \_\_\_\_\_

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**If you are uncomfortable in approaching the individual having a brown gauze moment, what options do we have to embrace their brown gauze moments while honouring our self?** \_\_\_\_\_

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**How do we define boundaries for appropriately sharing our brown gauze moments?** \_\_\_\_\_

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## Brown Gauze Moment Team Worksheet

**How do we give each other the space to recover from the emotional overload experienced during brown gauze moments? \_\_\_\_\_**

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**What tools can the team use to help communicate with others about brown gauze moments others are sharing with the team in which they may not be aware of? \_\_\_\_\_**

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# 1 Life Connected

## Brown Gauze Moment Team Worksheet

With the 1 Life Connected message fresh in your mind.

What is your commitment to embracing Brown Gauzes Moments within our team environment? \_\_\_\_\_

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**We are 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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