

Brown Gauze Moment Individual Worksheet

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

How did watching the brown gauze moment video resonate within yourself? _____

Talk about a specific brown gauze moment you have had in your career? _____

Talk about a specific brown gauze moment you have had in your life? _____

What feelings within yourself can you recognize were present in the time frame leading up to your brown gauze moment? _____



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With the awareness of the brown gauze moment being normal within us all, what situations tend to push you into your own brown gauze moments? _____

What tools do you need to forgive yourself for having brown gauze moments? _____

How can you express yourself during a brown gauze moment, without turning the hospital into a tornado aftermath? _____

How do you give yourself the space to recover from the emotional overload experienced during a brown gauze moment? _____

Now that you have learned to embrace and move through your own brown gauze moments, how can you help to recognize and support others through their brown gauze moments? _____



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What is your commitment to embracing Brown Gauzes Moments within your career in veterinary medicine? _____

We are 1 Life Connected!

- We are mindful of our response**
- We create our environment**
- We embrace our emotions**
- We find self-forgiveness**

Kimberly Pope-Robinson DVM, CCFP
1 Life Connected
Connecting Careers with Life’s Passion

