

Culture Care Worksheet

Mark the ways your culture shows caring. Share your list with someone else. Do the care meanings of people differ, even if they are in the same culture?

- Adapting to/accommodating others
- Being nonassertive/enabling or dependent
- Being on time/organized
- Being kind/pleasant/cooperative
- Being watchful/protective
- Cleanliness/care of home environment
- Comforting/decreasing suffering/direct help to others (hands on care)
- Commitment/being responsible
- Community awareness
- Connectedness/involvement with others
- Controlling/firm
- Creative expression, like art or music
- Eating the right foods/folk practices and cultural foods
- Emotional support/decreasing stress/listening/being with
- Expressing feelings/coping
- Eye contact
- Faith/prayer
- Family love and support/nurturing
- Generosity (giving to others)/sharing
- Gentleness /quietness
- Harmony/spiritual healing/wholeness
- Honoring/respecting/obedience/obligation
- Promoting independence/self-reliance
- Sacrificing/suffering
- Saving face
- Sensitivity to needs of others/hospitality
- Taking action/being busy/working hard
- Technology and technical skills
- Touching