

## **C.A.M.P.E.R.S.**

### **Seven-Step Self-Awareness Process**

Step 1: Know My **C**lear Purpose

Step 2: Know My **A**ttitudes & Beliefs

Step 3: Know My **M**itigation Plan

Step 4: Know The **P**atient

Step 5: Know My **E**motions

Step 6: Know My **R**eactions

Step 7: Know My **S**trategy

## Mitigation Plan

**Who is the story about?** The story is about the patient. What I believe and my own attitudes have nothing to do with the patient's story.

**Who should be writing the story?**

I am not writing this story. The patient should be the one writing the story. The patient is the author of the story throughout this illness and for the remainder of their life.

**What is my role?** My job is simply to give the patient the behind-the-scenes support needed to write the story. I won't try to tell the patient what to write or cast myself as a central character.