**Fourth Self-knowledge Worksheet for Responding to Emotional Distress**

The following questions may help you to summarise your learnings from your reflections and assist with developing an action plan for developing and consolidating your skills in responding to emotionally distressed people.

**Based on what you have learned from your reflections from Questions 1 – 3, answer the following questions.**

1. **Do you think you need to do anything to improve your skills and /or confidence in supporting people who are grieving and distressed? Circle YES or No**

**If YES, what ideas do you have for improvement and who can help you eg** Discuss with Volunteer Coordinator, or colleague/friend who you know deals with these situations well; practice/hypothetical situations (role plays, imaginary scenarios); additional training or reading.

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1. **If NO, what plans do you have for maintaining your skills and confidence?**

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