

Name _____ Date _____

Core Competency # 9

Self Care

What areas on the self care assessment are you successfully achieving?

What areas in the self care assessment are under the * or I would like to improve column?

Do you think any of your self care deficiencies contributed to the domestic violence incident?

Choose one item in the * column of the self care assessment and describe how over the next week you worked on improving this item.
