



Care Framework Worksheet

This worksheet is designed to help you reflect on and practice using the CARE Framework, a trauma-informed communication tool that supports boundary setting, emotional regulation, and respectful workplace dialogue.

Use the prompts below to identify real-life moments where CARE can support connection without burnout.

C is for Context

What is happening right now? Describe the situation in neutral terms. Example: "We've had three back-to-back crises in the last two hours."

Your Response:

A is for Action

What is the observable action or behavior you're responding to? Be factual and nonjudgmental. Example: "You've asked me to stay past my shift."

Your Response:



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Use the prompts below to identify real-life moments where CARE can support connection without burnout.

R is for Result

What impact is this having on you, your work, or your wellbeing? Example: "I'm feeling exhausted and I'm worried I'll make a mistake."

Your Response:

E is for Expectation

What are you asking for? What boundary are you setting or what solution can be offered? Example: "I can stay until 6PM today, but I'll need tomorrow morning to recover."

Your Response: