C.A.M.P.E.R.S.
Seven-Step Self-Awareness Process

Step 1: Know My Clear Purpose
Step 2: Know My Attitudes & Beliefs
Step 3: Know My Mitigation Plan
Step 4: Know The Patient
Step 5: Know My Emotions
Step 6: Know My Reactions
Step 7: Know My Strategy

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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.