**LEVEL 4 – THE CAREGIVER**

You focus on helping others when you’re operating at Level 4. You want to fix everything and “make it all better.” You’re still judging, though, because you believe that there’s some better way for the other person to be that the way that they’re being now.

**CORE THOUGHT = CONCERN**

**CORE EMOTION = COMPASSION**

**ACTION/RESULT = SERVICE**

**Nurturing self & others- Giving – Caring – I love you – You win – How can I help? – Caring – I take nothing personally**

1. IN WHAT ROLES AND CIRCUMSTANCES ARE YOU BEING A CAREGIVER?
2. WHO OR WHAT WOULD YOU LIKE TO NURTURE MORE?
3. IF YOU DIDN’T INCLUDE YOURSELF IN YOUR ANSWER TO THE PREVIOUS QUESTION, HOW CAN YOU NURTURE YOURSELF MORE?