



Watson Caring
Science Institute

Watson Caritas Self-Rating Score

DIRECTIONS: When answering the questions, please consider the overall consistency of human-to-human **Self CARING** you have experienced. Please circle the number for the one best answer.

	Never							Always						
I treat myself with loving-kindness.	1	2	3	4	5	6	7							
I practice self-care as a means for meeting my own basic needs.	1	2	3	4	5	6	7							
I have helping and trusting relationships with others.	1	2	3	4	5	6	7							
I create a caring environment that helps me to flourish.	1	2	3	4	5	6	7							
I value my own beliefs and faith, allowing for my personal success.	1	2	3	4	5	6	7							

I would recommend this hospital to someone I love:

Yes ☐

No ☐

We invite you to share any notable caring or uncaring moments you have experienced.

Thank you for completing our survey!