

This is the six-stage process for generating and delivering true care:

1. **Presence:** Show up and get fully present.
2. **Connection:** Connect with your patient
3. **Focus:** Make your patient's needs your focus.
4. **Empathy:** Feel your patient's pain as if it were your own.
5. **Compassion:** Now, you make the conscious decision to leave this painful place you share with your patient by turning on your own compassion.
6. **Action:** Finally, once you feel full of your own compassion, move on to the practical physical matters that will help make your patient's situation better or at least more tolerable.