

## Distress Concepts Activity - Participant

**Part I:** Pair up, letting one person be A and the other B. You will have four minutes to learn as many definitions under your column as you can (Person A will learn the definitions under column A; Person B will learn the definitions under column B). Take notes and learn the terms well enough so that you can teach them to the other person in your own words. Be sure to give examples.

**A**

**Moral Distress** - when you believe you know what should be done in a morally charged situation, but you are constrained from doing it

**Moral Residue** - when you are compromised as a moral agent because you have not done what you believe you should have done in a moral dilemma or morally distressing situation

**Burnout** - when the burdens, including moral burdens, of performing your job become too overwhelming to continue; associated with job dissatisfaction, career change, and/or moral insensitivity

**Moral Obligation** - what you should or should not do in a morally charged situation, based on what will promote the most good or be the right course of action

**B**

**Dirty Hands** - when someone with significant responsibility over others is continually placed in morally compromising situations, so he/she often feels powerless and like he/she is not as good of a person as he/she would like to be

**The Crescendo Effect** - when moral distress is not adequately resolved and builds over time, especially as cases that are similarly distressing recur repeatedly

**Moral Integrity** - a person's self of wholeness and confidence as a moral agent; feeling as though you are acting consistently with your values and principles

**Role-specific Obligation** - additional moral responsibilities someone has accepted in virtue of voluntarily choosing to take up a certain role; professional obligations are a type of role-specific obligation, and these are based in the trust and competence on which the profession relies

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**Part II:** Person A begins. USING ONLY HIS OR HER NOTES, Person A now has five minutes to teach B the terms under column A. During A's presentation, B can interrupt to ask questions. A list of possible questions is printed below. After A teaches B, B will have five minutes to teach A the terms under column B, during which A can interrupt to ask questions.

### **Possible questions:**

What do you mean by \_\_\_\_\_?

Can you define \_\_\_\_\_?

How does your example bear on the definition?

Could you be more specific about \_\_\_\_\_?

Can you give an example of \_\_\_\_\_?

Why is \_\_\_\_\_ important?

Is this similar to \_\_\_\_\_?

Can you give me another example?