

Dr. Jean Watson's Human Caring Theory: Ten Caritas Factors

1. *Embrace altruistic values and Practice loving kindness with self and others.*
2. *Instill faith and hope and honor others.*
3. *Be sensitive to self and others by nurturing individual beliefs and practices.*
4. *Develop helping – trusting- caring relationships.*
5. *Promote and accept positive and negative feelings as you authentically listen to another's story.*
6. *Use creative scientific problem-solving methods for caring decision making.*
7. *Share teaching and learning that addresses the individual needs and comprehension styles.*
8. *Create a healing environment for the physical and spiritual self which respects human dignity.*
9. *Assist with basic physical, emotional, and spiritual human needs.*
10. *Open to mystery and Allow miracles to enter.*

