

INCIVILITY & IMPACT TRACKER

Use the tracker below to assess the extent to which you experience incivility over the next month. Each time you have an uncivil interaction tick the relevant box and the associated impact(s). At the end of the month you will have a visualisation of the frequency with which you experience incivility, the type of incivility associated with the most impact, and the kinds of impact you experience.



There are several ways you can use the information provided by this tracker going forward:

- Use the information as a baseline before you try out different strategies to manage and mitigate incivility. You can then assess whether the strategies are having any positive effects.
- Use the information to inform self-care e.g. on days where you have experienced incivility take some time to relax, socialise or engage in a hobby.
- Encourage everyone in your practice to track incivility then meet to discuss shared insights at the end of the month.