

Ubuntu and community care

Mutual Care That Includes Me

Adults | 10 to 15 minutes

Ubuntu can offer a way to reflect on humanity and connection through relationship. You may use this lens if it fits your understanding, or choose different language. Caring with others can include receiving help, sharing responsibility, and preserving dignity and limits.

Choose one community or relationship responsibility. Consider contribution, reciprocity, consent, and who may be carrying too much.

Name the shared need

Describe what the group or relationship needs without assuming one person must provide it. Include invisible work and people whose needs are easily overlooked.

Share responsibility voluntarily

Identify a contribution you can freely offer and a request you can make. A sustainable arrangement leaves room to decline, revise, or receive support without losing belonging.

1. What shared need or relationship matters to me?**2. What can I freely contribute within my capacity?****3. What support or redistribution of responsibility do I need?****4. What boundary would preserve dignity and voluntary participation?****Clinical use and adaptation**

Do not assign Ubuntu based on race or nationality or present one interpretation as universal. Invite the client's cultural understanding. Avoid using community obligation to excuse exploitation, gendered burden, coercion, or unsafe contact.