**Compassion Satisfaction/Fatigue Self-Test for Helpers**

Adapted with permission from Figley, C.R., (1995). Compassion Fatigue, New York: Brunner/Mazel.© B. Hudnall Stamm, Traumatic Stress Research Group, 1995 -1998 http://www.dartmouth.edu/~bhstamm/index.htm.

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 Helping others puts you in direct contact with other people's lives. As you probably have experienced, your compassion for those you help has both positive and negative aspects. This self -test helps you estimate your compassion status: This includes your risk of burnout, compassion fatigue and satisfaction with helping others. Consider each of the following characteristics about you and your current situation

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **0** **Never**  | **1** **Rarely**  | **2** **A Few Times**  | **3** **Somewhat** **Often**  | **4** **Often**  | **5** **Very Often**  |

**Items About You**

\_\_\_\_1. I am happy.

\_\_\_\_2. I find my life satisfying.

\_\_\_\_3. I have beliefs that sustain me.

\_\_\_\_4. I feel estranged from others.

\_\_\_\_5. I find that I learn new things from those I care for.

\_\_\_\_6. I force myself to avoid certain thoughts or feelings that remind me of a frightening experience.

\_\_\_\_7. I find myself avoiding certain activities or situations because they remind me of a frightening experience.

\_\_\_\_8. I have gaps in my memory about frightening events.

\_\_\_\_9. I feel connected to others.

\_\_\_\_10. I feel calm.

\_\_\_\_11. I believe that I have a good balance between my work and my free time.

\_\_\_\_12. I have difficulty falling or staying asleep.

\_\_\_\_13. I have outburst of anger or irritability with little provocation

\_\_\_\_14. I am the person I always wanted to be.

\_\_\_\_15. I startle easily.

\_\_\_\_16. While working with a victim, I thought about violence against the perpetrator.

\_\_\_\_17. I am a sensitive person.

\_\_\_\_18. I have flashbacks connected to those I help.

\_\_\_\_19. I have good peer support when I need to work through a highly stressful experience.

\_\_\_\_20. I have had first-hand experience with traumatic events in my adult life.

\_\_\_\_21. I have had first-hand experience with traumatic events in my childhood.

\_\_\_\_22. I think that I need to "work through" a traumatic experience in my life.

\_\_\_\_23. I think that I need more close friends.

\_\_\_\_24. I think that there is no one to talk with about highly stressful experiences.

\_\_\_\_25. I have concluded that I work too hard for my own good.

\_\_\_\_26. Working with those I help brings me a great deal of satisfaction.

\_\_\_\_27. I feel invigorated after working with those I help.

\_\_\_\_28. I am frightened of things a person I helped has said or done to me.

\_\_\_\_29. I experience troubling dreams similar to those I help.

\_\_\_\_30. I have happy thoughts about those I help and how I could help them.

\_\_\_\_31. I experienced intrusive thoughts of times with especially difficult people I helped.

\_\_\_\_32. I have suddenly and involuntarily recalled a frightening experience while working with a person I helped.

\_\_\_\_33. I am preoccupied with more than one person I help.

\_\_\_\_34. I am losing sleep over a person I help's traumatic experiences.

\_\_\_\_35. I have joyful feelings about how I can help the victims I work with.

\_\_\_\_36. I think that I might have been "infected" by the traumatic stress of those I help.

\_\_\_\_37. I think that I might be positively "inoculated" by the traumatic stress of those I help.

\_\_\_\_38. I remind myself to be less concerned about the well being of those I help.

\_\_\_\_39. I have felt trapped by my work as a helper.

\_\_\_\_40. I have a sense of hopelessness associated with working with those I help.

\_\_\_\_41. I have felt "on edge" about various things and I attribute this to working with certain people I help.

\_\_\_\_42. I wish that I could avoid working with some people I help.

\_\_\_\_43. Some people I help are particularly enjoyable to work with.

\_\_\_\_44. I have been in danger working with people I help.

\_\_\_\_45. I feel that some people I help dislike me personally.

**Items About Being a Helper and Your Helping Environment**

\_\_\_\_46. I like my work as a helper.

\_\_\_\_47. I feel like I have the tools and resources that I need to do my work as a helper.

\_\_\_\_48. I have felt weak, tired, run down as a result of my work as helper.

\_\_\_\_49. I have felt depressed as a result of my work as a helper.

\_\_\_\_50. I have thoughts that I am a "success" as a helper.

\_\_\_\_51. I am unsuccessful at separating helping from personal life.

\_\_\_\_52. I enjoy my co-workers.

\_\_\_\_53. I depend on my co-workers to help me when I need it.

\_\_\_\_54. My co-workers can depend on me for help when they need it.

\_\_\_\_55. I trust my co-workers.

\_\_\_\_56. I feel little compassion toward most of my co-workers

\_\_\_\_57. I am pleased with how I am able to keep up with helping technology.

\_\_\_\_58. I feel I am working more for the money/prestige than for personal fulfillment.

\_\_\_\_59. Although I have to do paperwork that I don't like, I still have time to work with those help.

\_\_\_\_60. I find it difficult separating my personal life from my helper life.

\_\_\_\_61. I am pleased with how I am able to keep up with helping techniques and protocols.

\_\_\_\_62. I have a sense of worthlessness/disillusionment/resentment associated with my role as a helper.

\_\_\_\_63. I have thoughts that I am a "failure" as a helper.

\_\_\_\_64. I have thoughts that I am not succeeding at achieving my life goals.

\_\_\_\_65. I have to deal with bureaucratic, unimportant tasks in my work as a helper.

\_\_\_\_66. I plan to be a helper for a long time.