

Compassion Fatigue Self-Test: An Assessment

Answer the questions below to the best of your knowledge. There is no right or wrong answer.

Assign one of these numbers to each one of the questions below:

Responses: 1 = Very True 2 = Somewhat True 3 = Rarely True

You will find summation directions at the end of the test.

- _____ 1. When people get upset, I try to smooth things out.
- _____ 2. I am able to listen to other's problems without trying to "fix" them and/or take away their pain.
- _____ 3. My self-worth is determined by how others perceive me.
- _____ 4. When I am exposed to conflict, I feel it is my fault.
- _____ 5. I feel guilty when others are disappointed by my actions.
- _____ 6. When I make a mistake, I tend to be extremely critical of myself. I have difficulty forgiving myself.
- _____ 7. I usually know how I want other people to treat me.
- _____ 8. I tell people how I prefer to be treated
- _____ 9. My achievements define my self-worth.
- _____ 10. I feel anxious in most situations involving confrontation.
- _____ 11. In relationships, it is easier for me to "give" than to "receive"

- _____ 12. I can be so focused on someone I am helping that I lose sight of my own perceptions, interests and desires.
- _____ 13. It is hard for me to express sadness.
- _____ 14. To make mistakes means that I am weak
- _____ 15. It is best to not "rock the boat" or "make waves."
- _____ 16. It is important to put people at ease.
- _____ 17. It is best not to need others.
- _____ 18. If I cannot solve a problem, I feel like a failure.
- _____ 19. I often feel "used up" at the end of the day.
- _____ 20. I take work home frequently.
- _____ 21. I can ask for help but only if the situation is serious
- _____ 22. I am willing to sacrifice my needs in order to please others.
- _____ 23. When faced with uncertainty, I feel that things will get totally out of control.
- _____ 24. I am uncomfortable when others do not see me as being strong and self-sufficient.
- _____ 25. In intimate relationships, I am drawn to people who are needy or need me.
- _____ 26. I have difficulty expressing my differing opinion in the face of an opposing viewpoint.

- _____ 27. When I say "no", I feel guilty.
- _____ 28. When others distance from me, I feel anxious
- _____ 29. When listening to someone's problems, I am more aware of their feelings than I am of my own feelings.
- _____ 30. I find it difficult to stand up for myself and express my feelings when someone treats me in an insensitive manner.
- _____ 31. I feel anxious when I am not busy.
- _____ 32. I believe that expressing resentments is wrong.
- _____ 33. I am more comfortable giving than receiving.
- _____ 34. I become anxious when I think I've disappointed someone.
- _____ 35. Work dominates much of my life.
- _____ 36. I seem to be working harder and accomplishing less.
- _____ 37. I feel most worthwhile and alive in crisis situations
- _____ 38. I have difficulty saying "no" and setting limits
- _____ 39. My interests and values reflect what others expect of me rather than my own interests and values.
- _____ 40. people rely on my for support.

It is important for you to periodically review your self-care, along with your needs and action plans to meet those needs. If you find that you responded with a 1 (very true) to more than 15 of these items, it is definitely time to take a close and careful look at self-care issues.