

Compassion Fatigue and Community Work: Check In

This personal assessment is not intended to be medical advice or diagnosis. Please contact a health professional if you feel that you need professional assistance for compassion fatigue.

Consider each of the following characteristics about you and your current situation. Write the corresponding number for your score:

1=Rarely/Never
2=Sometimes
3= Not Sure
4=Often
5= Very Often

General

1. _____ I force myself to avoid certain thoughts that remind me of a frightening experience
2. _____ I find myself avoiding certain activities or situations because they remind me of a frightening experience
3. _____ I have gaps in my memory about serious/devastating events
4. _____ I sometimes feel estranged from others
5. _____ I have outbursts of anger or irritability with little provocation
6. _____ I startle easily
7. _____ I have had flashbacks connected to my clients and families
8. _____ I have had firsthand experience with traumatic events in my adult life
9. _____ I have had firsthand experience with traumatic events in my childhood
10. _____ I often feel a need to "work through" a traumatic experience in my life
11. _____ I have concluded that I work too hard for my own good

Information about your clients and their families

- 12 ____ I am often unnerved and frightened of things that traumatised community members and their families have said to me
- 13 ____ I have suddenly and involuntarily recalled a frightening experience while working with a resident and their family
- 14 ____ I am losing sleep over a client and their family's traumatic experiences
- 15 ____ I feel like I have been "infected" by the traumatic stress of some residents and their families
- 16 ____ I often remind myself to be less concerned about the well being of my clients and their families
- 17 ____ I have sometimes felt trapped by my work as a "helper"
- 18 ____ I have often felt a sense of hopelessness associated with working with some residents and their families
- 19 ____ I have felt "on edge" about various things and I attribute this to working with certain clients and their families
- 20 ____ I have sometimes wished that I could avoid working with some clients and their families
- 21 ____ I have felt that some of my clients and their families dislike me personally
- 22 ____ I sometimes hope my client does not show up

Information about being a helper and your work environment

- 23 ____ I have felt weak, tired and run down as a result of my work with residents and their families
- 24 ____ I have often/sometimes felt depressed as a result of my work with this group
- 25 ____ I am often unsuccessful at separating work from personal life
- 26 ____ I usually feel little compassion towards most of my co-workers
- 27 ____ I generally feel like I am working more for money than personal fulfilment
- 28 ____ I find it difficult to separate my personal life from my work life
- 29 ____ I often have a sense of resentment/disillusionment associated with my work
- 30 ____ I am so overwhelmed at times I am not even sure what real "help" is...
- 31 ____ I often feel like I have become desensitized to the plight of my clients

Score:

32- 65: You are managing and coping with the trauma of your work well

66- 95: Immediately engage consistent emotional self care strategies to decrease level of compassion fatigue/vicarious trauma

Over 95: Seek professional help immediately