

Compassion Fatigue Self-Test for Helpers

Adapted from: Figley, C. R. (1995). *Compassion Fatigue*. New York: Brunner/Mazel

Consider each of the following characteristics about you and your **current situation**. Write the number that reflects how frequently you experienced these thoughts in **the last week**.

0	1	2	3	4	5
never	rarely	a few times	sometimes	often	very often

1. I feel disconnected from other people	
2. I avoid stuff that reminds me of work	
3. I am sensitive	
4. I need more close friends	
5. I have difficulty sleeping	
6. I startle easily	
7. I work too hard	
8. I have no one to talk to about stress	
9. I have dreams about work	
10. I am constantly thinking about	
11. Work makes me feel "on edge"	
12. I wish I could avoid some of the people at work	
13. Some of the people at work are dangerous	
14. The paperwork I have to do is overwhelming	
15. Work is sometimes depressing	
16. I have flashbacks related to work	
17. I am not succeeding at my life goals	
18. I have to deal with bureaucratic, unimportant tasks in my work	
19. I don't plan to do this work for too much longer	
20. I have outbursts of anger or irritability related to work	
21. I think that I need to "work through" a traumatic experience in my life	
22. I have experience with a traumatic event in my adult life	
23. I had experience with traumatic events in my childhood	
24. Work makes me feel hopeless	

Compassion fatigue, also known as **Secondary Traumatic Stress (STS)**, is a condition characterized by a gradual lessening of compassion over time.

Scoring:

0-50 Low Risk (for developing Compassion Fatigue)

51-100 Average Risk

Over 100 High Risk