

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 me 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's definitely time to take a close and careful look at self-care issues.

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