Consider each of the following characteristics about you and your current situation. Write in the number for the best response. Use one of the following answers:
1 = Rarely/Never
2 = At Times
3 = Not Sure
4 = Often
5 = Very Often

1. I force myself to avoid certain thoughts or feelings 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 frightening events.
4. I feel estranged from others.
5. I have difficulty falling or staying asleep.
6. I have outbursts of anger or irritability with little provocation.
7. I startle easily.
8. While working with a victim I thought about violence against the person or persons who victimized.
9. I am a sensitive person.
10. I have had flashbacks connected to my clients and families.
11. I have had first-hand experience with traumatic events in my adult life.
12. I have had first-hand experience with traumatic events in my childhood.
13. I have thought that I need to “work through” a traumatic experience in my life.
14. I have thought that I need more close friends.
15. I have thought that there is no one to talk with about highly stressful experiences.
16. I have concluded that I work too hard for my own good.
Consider each of the following characteristics about you and your current situation. Write in the number for the best response. Use one of the following answers:
1 = Rarely/Never
2 = At Times
3 = Not Sure
4 = Often
5 = Very Often

___ 17. I am frightened of things that traumatized people and their families have said or done to me.

___ 18. I experience troubling dreams similar to a client of mine and their family.

___ 19. I have experienced intrusive thoughts of sessions with especially difficult clients and their families.

___ 20. I have suddenly and involuntarily recalled a frightening experience while working with a client or their family.

___ 21. I am preoccupied with more than one client and their family.

___ 22. I am losing sleep over a client and their family’s traumatic experience.

___ 23. I have thought that I might have been “infected” by the traumatic stress of my clients and their families.

___ 24. I remind myself to be less concerned about the well-being of my clients and their families.

___ 25. I have felt trapped by my work as a helper.

___ 26. I have felt a sense of hopelessness associated with working with clients and their families.

___ 27. I have felt “on edge” about various things and I attribute this to working with certain clients and their families.

___ 28. I have wished that I could avoid working with some clients and their families.

___ 29. I have been in danger working with some clients and their families.

___ 30. I have felt that some of my clients and their families dislike me personally.

___ 31. I have felt weak, tired, run down as a result of my work as a helper.

___ 32. I have felt depressed as a result of my work as a helper.
Consider each of the following characteristics about you and your current situation. Write in the number for the best response. Use one of the following answers:
1 = Rarely/Never
2 = At Times
3 = Not Sure
4 = Often
5 = Very Often

___ 33. I am unsuccessful at separating work from personal life.

___ 34. I feel little compassion toward most of my coworkers.

___ 35. I feel I am working more for the money than for personal fulfillment.

___ 36. I find it difficult separating my personal life from my work life.

___ 37. I have a sense of worthlessness/disillusionment/resentment associated with my work.

___ 38. I have thoughts that I am a “failure” as a helper.

___ 39. I have thoughts that I am not succeeding at achieving my life goals.

___ 40. I have to deal with bureaucratic, unimportant tasks in my work life.
SCORING INSTRUCTIONS:

Make sure you have responded to ALL questions.

Next, circle the following 23 items: 1-8, 10-13, 17-26, and number 29.

Now, ADD the numbers you wrote next to the items circled.

This is your risk of Compassion Fatigue:
26 or Less = Extremely LOW risk
27 – 30 = LOW risk
31 - 35 = Moderate risk
36 – 40 = HIGH risk
41 or More = Extremely HIGH risk

ADD the numbers you wrote next to the items NOT circled.

This is your risk of Burnout:
19 or Less = Extremely LOW risk
20 - 24 = LOW risk
25 – 29 = Moderate risk
30 – 42 = HIGH risk
43 or more = Extremely HIGH risk