

Compassion Satisfaction Self Test for Helpers

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

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

1. I am happy	
2. I find my life satisfying	
3. I have beliefs that sustain me	
4. I find that I learn new things from those I care for	
5. I feel connected to others	
6. I feel calm	
7. I believe that I have a good balance between work and free time	
8. I am the person I always wanted to be	
9. I have good peer support when I need to work through a highly stressful experience	
10. Working with the people I support brings me a great deal of satisfaction	
11. I feel invigorated after working with those I support	
12. I have happy thoughts about the people I support	
13. I have joyful feelings about how I can help people who I support	
14. Some people are particularly enjoyable to work with	
15. I like my work as a helper	
16. I have thoughts that I'm a success as a helper	
17. I enjoy my coworkers	
18. I depend on my coworkers to help me when I need it	
19. My coworkers can depend on me for help when they need it	
20. I trust my coworkers	
21. I am pleased with how I am able to keep up with work-related technology	
22. Although I have to do paperwork that I don't like, I still have time to work with the people I support	
23. I am pleased with how I am able to keep up with helping techniques and protocols	
24. I plan to be a helper for a long time	

Compassion satisfaction is the positive aspect of caring that helps to balance any negative aspects of working with acutely ill or traumatized persons. People who choose caring professions often have a protective mechanism that comes from the satisfaction of helping others and this tends to mitigate against the development of compassion fatigue.

Scoring:

0-50	Low Potential (for Compassion Satisfaction)
51-100	Average Potential
Over 100	High Potential

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 work situations	
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 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