

## Compassion Satisfaction/Fatigue Self-Test for Helpers

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.

**0= Never**

**1= Rarely**

**2= A few times**

**3= Somewhat often**

**4= Often**

**5= Very Often**

1.	I am happy.
2.	I find my life satisfying.
3.	I have beliefs that sustain me.
4.	I feel estranged from others.
5.	I find that I learn new things from those I care for.
6.	I force myself to avoid certain thoughts or feelings that remind me of a frightening experience.
7.	I find myself avoiding certain activities or situations because they remind me of a frightening experience.
8.	I have gaps in my memory about frightening events.
9.	I feel connected to others.
10.	I feel calm.
11.	I believe that I have a good balance between my work and my free time.
12.	I have difficulty falling or staying asleep.
13.	I have outbursts of anger or irritability with little provocation.
14.	I am the person I always wanted to be.
15.	I startle easily.
16.	While working with a victim I thought about violence against the person or persons who victimized.
17.	I am a sensitive person.
18.	I have had flashbacks connected to those I help.
19.	I have good peer support when I need to work through highly stressful experiences.
20.	I have had first-hand experience with traumatic events in my adult life.
21.	I have had first-hand experience with traumatic events in my childhood.
22.	I think that I need to "work-through" a traumatic experience in my life.
23.	I think that I need more close friends.
24.	I think that there is no one to talk with about highly stressful experiences.
25.	I have concluded that I work too hard for my own good.
26.	Working with those I help brings me a great deal of satisfaction.
27.	I feel invigorated after working with those I help.
28.	I am frightened of things a person I helped has said or done to me.
29.	I experience troubling dreams similar to those I help.

30.	I have happy thoughts about those help and how I can help them.
31.	I have experienced intrusive thoughts of times with especially difficult people I helped.
32.	I have suddenly and involuntarily recalled a frightening experience while working with a person I helped.
33.	I am pre-occupied with more than one person I helped.
34.	I am losing sleep over a person I help's traumatic experience.
35.	I have joyful feelings about how I can help the victims I work with.
36.	I think that I might have been infected by the traumatic stress of those I help.
37.	I think that I might be positively inoculated by the traumatic stress of those help.
38.	I remind myself to be less concerned about the well being of those I help.
39.	I have felt trapped by my work as a helper.
40.	I have a sense of hopelessness associated with working with those I help.
41.	I have felt on edge about various things and I attribute this to working with certain people I help.
42.	I wish that I could avoid working with some people I help.
43.	Some people I help are particularly enjoyable to work with.
44.	I have been in danger working with people I help.
45.	I feel that some people I help dislike me personally.
46.	I like my work as a helper.
47.	I feel like I have the tools and resources that I need to do my work as a helper.
48.	I have felt weak, tired, run down as a result of work as helper.
49.	I have felt depressed as a result as a helper.
50.	I have thoughts that I am a success as a helper.
51.	I am unsuccessful at separating helping from personal life
52.	I enjoy my co-workers.
53.	I depend on my co-workers to help me when I need it.
54.	My co-workers can depend on me when they need it.
55.	I trust my co workers
56.	I feel little compassion toward most of my coworkers.
57.	I am pleased with how I am able to keep up with technology.
58.	I feel I am working more for the money/prestige than for personal fulfillment.
59.	Although I have to do paperwork that I don't like, I still have time to work with those I help.
60.	I find it difficult separating my personal life form my helper life.
61.	I am pleased with how I am able to keep up with helping techniques and protocols
62.	I have a sense of worthlessness/disillusionment/resentment associated with my role as helper.
63.	I have thoughts that I am a failure as a helper.
64.	I have thoughts that I am not succeeding at achieving my life goals
65.	I have to deal with bureaucratic, unimportant tasks in my work as a helper.
66.	I plan to be a helper for a long time.

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## SCORING INSTRUCTIONS

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1. Make sure you have responded to ALL questions.
2. Mark the items for scoring: Put an “x” by the following 26 items: 1-3, 5, 9-11, 14, 19, 26-27,30, 35, 37, 43, 46-47, 50, 52-55, 57, 59, 61, 66. Check the following 16 items: 17,23-25,41,42,45,48,49,51,56,58,60,62-65. Next, circle the following 23 items: 4, 6-8, 12, 13, 15, 16, 18, 20-22, 28, 29, 31-34, 36, 38-40, 44
3. Now ADD the numbers you wrote next to the items for each set of items and

**Note your potential for Compassion Fatigue (x):** 118 and above= extremely high potential; 100-117= high potential; 82-99= good potential; 64-81= modest potential; below 63= low potential

**Your risk for burnout (check):** 36 or less= extremely low risk; 37-50= moderate risk; 51-75-high risk; 76-85= extremely high risk.

**Your risk for Compassion fatigue (circle):** 26 or LESS = Extremely LOW risk  
27 - 30 = LOW risk; 31 - 35 = Moderate risk; 36 - 40 = HIGH risk; 41 - more = Extremely HIGH risk

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