

COMPASSION FATIGUE SELF-ASSESSMENT

Self-assessment for compassion fatigue

Answering “yes” or “no” to the following nine statements will help you assess your risk for compassion fatigue:

Personal concerns commonly intrude on my professional role.	Yes	No
My colleagues seem to lack understanding.	Yes	No
I find even small changes enormously draining.	Yes	No
I can't seem to recover quickly after association with trauma.	Yes	No
Association with trauma affects me very deeply.	Yes	No
My patients' stress affects me deeply.	Yes	No
I have lost my sense of hopefulness.	Yes	No
I feel vulnerable all the time.	Yes	No
I feel overwhelmed by unfinished personal business.	Yes	No

Answering “yes” to four or more questions may indicate that you're suffering from compassion fatigue.

Editor's Note: This instrument has not been validated, but the results should serve as a quick check of your state of mind.



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