

Compassion Satisfaction/Fatigue Self-Test for Helpers

Adapted with permission from Figley, C.R., (1995). *Compassion Fatigue*, New York: Brunner/Mazel.
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Helping others puts you in direct contact with other people's lives. As you probably have experienced, your compassion for those you help has both positive and negative aspects. This self -test helps you estimate your compassion status: This includes your risk of burnout, compassion fatigue and satisfaction with helping others. Consider each of the following characteristics about you and your current situation. Print a copy of this test so that you can fill out the numbers and keep them for your use. Using a pen or pencil, write in the number that honestly reflects how frequently you experienced these characteristics **in the last work week**. Then follow the scoring directions at the end of the self-test.

0 Never	1 Rarely	2 A Few Times	3 Somewhat Often	4 Often	5 Very Often
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Items About You

- ____ 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 outburst 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 perpetrator.
- ____ 17. I am a sensitive person.
- ____ 18. I have flashbacks connected to those I help.
- ____ 19. I have good peer support when I need to work through a highly stressful experience.
- ____ 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.

Compassion Satisfaction/Fatigue Self-Test for Helpers - CONTINUED

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- ___ 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 I help and how I could help them.
- ___ 31. I 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 preoccupied with more than one person I help.
- ___ 34. I am losing sleep over a person I help's traumatic experiences.
- ___ 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 I 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.

Items About Being a Helper and Your Helping Environment

- ___ 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 my work as helper.
- ___ 49. I have felt depressed as a result of my work 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 for help when they need it.
- ___ 55. I trust my co-workers.
- ___ 56. I feel little compassion toward most of my co-workers
- ___ 57. I am pleased with how I am able to keep up with helping 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 help.
- ___ 60. I find it difficult separating my personal life from 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 a 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.

Self-Test Scoring Instructions

Please note that research is ongoing on this scale and the following scores should be used as a guide, not confirmatory information.

1. Be certain you respond to all items.
2. Mark the items for scoring:
 -  a. 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.
 -  b. Put a check by the following 16 items: 17, 23-25, 41, 42, 45, 48, 49, 51, 56, 58, 60, 62-65.
 -  c. Circle the following 23 items: 4, 6-8, 12, 13, 15, 16, 18, 20-22, 28, 29, 31-34, 36, 38-40, and 44.
3. Add the numbers you wrote next to the items for each set of items and note:

Your potential for Compassion Satisfaction (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):

32 or less = extremely low risk

33-37 = low risk

34-50 = 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 or more = extremely high risk

