COMPASSION FATIGUE SELF-TEST: AN ASSESSMENT

Answer the questions below to the best of your knowledge. There is no right or wrong answer.

Assign one of these numbers to each one of the questions below:

Responses: 1 = Very True  2 = Somewhat True  3 = Rarely True

You will find summation directions at the end of the test.

1. _____ When people get upset, I try to smooth things out.

2. _____ I am able to listen to other's problems without trying to "fix" them and/or take away their pain.

3. _____ My self-worth is determined by how others perceive me.

4. _____ When I am exposed to conflict, I feel it is my fault.

5. _____ I feel guilty when others are disappointed by my actions.

6. _____ When I make a mistake, I tend to be extremely critical of myself. I have difficulty forgiving myself.

7. _____ I usually know how I want other people to treat me.

8. _____ I tell people how I prefer to be treated.


10. ____ I feel anxious in most situations involving confrontation.

11. ____ In relationships, it is easier for me to "give" than to "receive".

12. ____ I can be so focused on someone I am helping that I lose sight of my own perceptions, interests and desires.

13. ____ It is hard for me to express sadness.

14. ____ To make mistakes means that I am weak.

15. ____ It is best to not "rock the boat" or "make waves."
16. ____ It is important to put people at ease.

17. ____ It is best not to need others.

18. ____ If I cannot solve a problem, I feel like a failure.

19. ____ I often feel "used up" at the end of the day.

20. ____ I take work home frequently.

21. ____ I can ask for help but only if the situation is serious.

22. ____ I am willing to sacrifice my needs in order to please others.

23. ____ When faced with uncertainty, I feel that things will get totally out of control.

24. ____ I am uncomfortable when others do not see me as being strong and self-sufficient.

25. ____ In intimate relationships, I am drawn to people who are needy or need me.

26. ____ I have difficulty expressing my differing opinion in the face of an opposing viewpoint.

27. ____ When I say "no," I feel guilty.

28. ____ When others distance from me, I feel anxious.

29. ____ When listening to someone's problems, I am more aware of their feelings than I am of my own feelings.

30. ____ I find it difficult to stand up for myself and express my feelings when someone treats me in an insensitive manner.

31. ____ I feel anxious when I am not busy.

32. ____ I believe that expressing resentments is wrong.

33. ____ I am more comfortable giving than receiving.

34. ____ I become anxious when I think I've disappointed someone.

35. ____ Work dominates much of my life.

36. ____ I seem to be working harder and accomplishing less.

37. ____ I feel most worthwhile and alive in crisis situations.
38. ____ I have difficulty saying "no" and setting limits.

39. ____ My interests and values reflect what others expect of me rather than my own interests and values.

40. ____ People rely on me for support.

It is important for you to periodically review your self-care, along with your needs and action plans to meet those needs. If you find that you responded with a 1 (Very True) to more than 15 of these items, it's definitely time to take a close and careful look at self-care issues.

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