

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.
9. ____ My achievements define my self-worth.
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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