

If many of the following items pertain to you then you are at risk of having compassion fatigue.

Items About You:

1. I force myself to avoid certain thoughts or feelings that remind me of a frightening experience.
2. I find myself avoiding certain activities or situations because they remind me of a frightening experience.
3. I have gaps in my memory about frightening events.
4. I feel estranged from others.
5. I have difficulty falling or staying asleep.
6. I have outbursts of anger or irritability with little provocation.
7. I startle easily.
8. While working with a patient/client/child who was a victim I have thought about violence against the perpetrator.
9. I am a sensitive person.
10. I have had flashbacks connected to my patients/clients.
11. I have had first-hand experience with traumatic events in my adult life.
12. I have had first-hand experience with traumatic events in my childhood.
13. I have thought that I need to "work through" a traumatic experience in my life.
14. I have thought that I need more close friends.
15. I have thought that there is no one to talk with about highly stressful experiences.
16. I have concluded that I work too hard for my own good.
17. I am frightened of things a client or patient has said or done to me.
18. I experience troubling dreams similar to those of a patient/client of mine.
19. I have experienced intrusive thoughts of interactions with especially difficult patients/clients.
20. I have suddenly and involuntarily recalled a frightening experience while working with a patient/client.
21. I am preoccupied with more than one patient/client.
22. I am losing sleep over a patient's/client's traumatic experiences.
23. I have thoughts that I might have been "infected" by the traumatic stress of my patients/clients.
24. I remind myself to be less concerned about the well-being of my patients/clients.
25. I have felt trapped by my work as a health care provider/financial advisor/teacher/social worker, etc.
26. I have felt a sense of hopelessness associated with working with others in my profession.
27. I have felt "on edge" about various things and I attribute this to working with certain patients/clients.
28. I have wished that I could avoid working with some patients/clients/families.
29. I have been in danger working with patients/clients/families.
30. I have felt that my patients/clients dislike me personally.
31. I have felt weak, tired, and rundown as a result of my work.
32. I have felt depressed as a result of my work.
33. I am unsuccessful at separating work from personal life.
34. I feel little compassion toward most of my co-workers.
35. I feel I am working more for the money than for personal fulfillment.
36. I find it difficult separating my personal life from my work life.
37. I have a sense of worthlessness/disillusionment/resentment associated with my work.
38. I have thoughts that I am a "failure" at my job.
39. I have thoughts that I am not succeeding at achieving my life goals.
40. I have to deal with bureaucratic, unimportant tasks in my work life.