

# Compassion Fatigue Self-Checklist

## FOR HELPING & MENTAL HEALTH PROFESSIONALS

Check off each statement that applies to you. If you are unsure, leave it blank.

1	<input type="checkbox"/>	I try to forget distressing moments at work that are <u>frightening.</u>	26	<input type="checkbox"/>	I feel hopelessness or a sense of discouragement by <u>some of my clients or cases.</u>
2	<input type="checkbox"/>	I avoid certain situations at work because of previous <u>experiences.</u>	27	<input type="checkbox"/>	I feel hopelessness or a sense of discouragement by <u>being a mental health or helping professional.</u>
3	<input type="checkbox"/>	I cannot remember certain work events that were <u>frightening.</u>	28	<input type="checkbox"/>	I have been put into dangerous situations at work <u>regarding clients or cases.</u>
4	<input type="checkbox"/>	I feel a disconnect from my colleagues, friends, or <u>family.</u>	29	<input type="checkbox"/>	I have been put into violent situations at work <u>regarding clients or cases.</u>
5	<input type="checkbox"/>	I cannot fall asleep or stay asleep easily after a work <u>day.</u>	30	<input type="checkbox"/>	I have been verbally threatened by a client or case.
6	<input type="checkbox"/>	I become irritated or angry easily from vocational <u>events.</u>	31	<input type="checkbox"/>	I have been physically threatened by a client or case.
7	<input type="checkbox"/>	when working with a trauma case, I feel anger or <u>want to commit malice against the abuser.</u>	32	<input type="checkbox"/>	I work directly with clients or cases where there have <u>been suicide threats.</u>
8	<input type="checkbox"/>	When working with a trauma case, I feel deep <u>sadness.</u>	33	<input type="checkbox"/>	I work directly with clients or cases where there have <u>been suicide attempts.</u>
9	<input type="checkbox"/>	I have flashbacks or sudden memories about clients <u>or individuals that I work with.</u>	34	<input type="checkbox"/>	I work with clients or cases where they have been <u>formally diagnosed with depression.</u>
10	<input type="checkbox"/>	I have experienced traumatizing experiences at work <u>that affect my private life.</u>	35	<input type="checkbox"/>	I work with clients or cases concerning grief.
11	<input type="checkbox"/>	I have worked with traumatizing experienced at work <u>that involve children.</u>	36	<input type="checkbox"/>	I work with clients or cases concerning death.
12	<input type="checkbox"/>	I often feel that I need to endure or work through <u>traumatizing experiences at work.</u>	37	<input type="checkbox"/>	I work with clients or cases concerning bereavement <u>or mourning.</u>
13	<input type="checkbox"/>	I am afraid of some of my clients or cases. <u>Some of the actions that my clients or cases have done frighten me.</u>	38	<input type="checkbox"/>	I work with clients or cases concerning child illness or <u>medical fragility.</u>
14	<input type="checkbox"/>	I have felt frightened by some of things said by clients <u>or cases.</u>	39	<input type="checkbox"/>	I work with clients or cases concerning the death of a <u>child.</u>
15	<input type="checkbox"/>	I experience dreams at night that are concerning <u>about work.</u>	40	<input type="checkbox"/>	My clients or caseload requires excessive demands <u>that go beyond the scope of my profession.</u>
16	<input type="checkbox"/>	I experience dreams at night that are concerning <u>about a client or case.</u>	41	<input type="checkbox"/>	My clients or caseload requires excessive hours past <u>normal working hours.</u>
17	<input type="checkbox"/>	I will get intrusive thoughts about a difficult case of <u>client.</u>	42	<input type="checkbox"/>	I have viewed files or information regarding accident <u>scenes.</u>
18	<input type="checkbox"/>	I have experienced sudden and compulsory feelings <u>of fear while working with a case or client.</u>	43	<input type="checkbox"/>	I have viewed files or information regarding graphic <u>evidence.</u>
19	<input type="checkbox"/>	I am currently working with more than one client or <u>case.</u>	44	<input type="checkbox"/>	I have viewed files or information regarding reports of <u>trauma.</u>
20	<input type="checkbox"/>	I do not sleep well at night due to thought of trauma <u>associated with clients or cases.</u>	45	<input type="checkbox"/>	I feel overwhelmed by the thought of my profession <u>outside of work.</u>
21	<input type="checkbox"/>	I feel that my clients or cases' trauma bounces onto <u>me.</u>	46	<input type="checkbox"/>	I spend most of my time talking about or ruminating <u>about my work when off the clock.</u>
22	<input type="checkbox"/>	I feel that my clients or cases' trauma affects my <u>overall wellbeing.</u>	47	<input type="checkbox"/>	I feel that being a mental health or helping <u>professional has disrupted my peace.</u>
23	<input type="checkbox"/>	I feel cornered or trapped by being a mental health or <u>helping professional.</u>	48	<input type="checkbox"/>	I become overly pessimistic or cynical about my <u>profession, clients, or cases.</u>
24	<input type="checkbox"/>		49	<input type="checkbox"/>	I feel nervous when thinking about my work as a <u>mental health or helping professional.</u>
25	<input type="checkbox"/>		50	<input type="checkbox"/>	

Calculate your response by dividing the number of checked-off statements by 50.

The percentage is the probability of occurrence of compassion fatigue experienced.

- 0 - 10%= Compassion fatigue is rarely experienced
- 11 - 40%= Compassion fatigue unlikely experienced
- 41 - 60%= Compassion fatigue may be experienced half of the time
- 61 - 90%= Compassion fatigue is often experienced
- 91 - 100%= Compassion fatigued is very often experienced

**Disclaimer:** This is not an official psychometric test, clinically designed official test, or peer-reviewed test to calculate compassion fatigue. If you feel you are experiencing high levels of compassion fatigue and need assistance immediately, please get in touch with the crisis line, licensed psychologist, or medical professional.