

Compassion Satisfaction/ Fatigue Self-Test for Helpers

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Compassion Fatigue, New York: Brunner/Mazel.
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Group, 1995 -1998 [http://www.dartmouth.edu/
~bhstamm/index.htm](http://www.dartmouth.edu/~bhstamm/index.htm).

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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: How much at risk you are of burnout and compassion fatigue and also the degree of satisfaction with your 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 week. Then follow the scoring directions at the end of the self-test.

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

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.
- _____ 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 have 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 pre-occupied 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

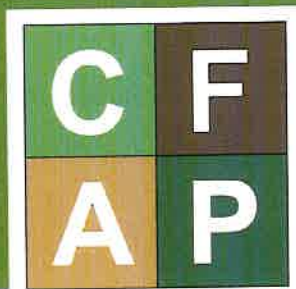
- _____ 46. I like my work as a helper.
- _____ 47. I feel like I have the tools and resources that I need to do my work as a helper.
- _____ 48. I have felt weak, tired, run down as a result of my work as helper.
- _____ 49. I have felt depressed as a result of my work as a helper.
- _____ 50. I have 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 I 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.

Scoring Instructions

Please note that research is ongoing on this scale and the following scores should be used as a guide, not confirmatory information. Cut points are theoretically derived and should be used with caution and only for educational purposes.

1. Be certain you respond to all items.
2. Mark the items for scoring:
 - a. Circle the following 23 items: 4, 6-8, 12, 13, 15, 16, 18, 20-22, 28, 29, 31-34, 36, 38-40, 44.
 - b. Put a check by the following 16 items: 17, 23-25, 41, 42, 45, 48, 49, 51, 56, 58, 60, 62-65.
 - c. 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.
3. Add the numbers you wrote next to the items for each set of items and note:
 - a. 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 score** _____
 - b. Your risk for Burnout (check): 36 or less=extremely low risk; 37-50=moderate risk; 51-75=high risk; 76-85=extremely high risk. **Your score:** _____
 - c. 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. **Your score:** _____

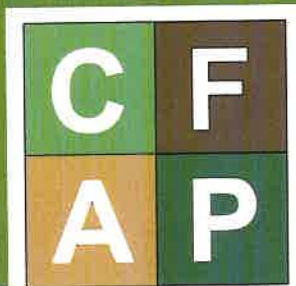
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COMPASSION FATIGUE
AWARENESS PROJECT®

The Ten Laws Governing Healthy Caregiving

1. Sustain Your Compassion
2. Practice Authentic, Sustainable Self Care Daily
3. Build a Support System
4. Create a Work/Life Balance
5. Apply Empathic Discernment
6. Recognize the Humor
7. Learn to Let Go
8. Acknowledge Your Successes
9. Remain Optimistic
10. Elevate Levels of Compassion Satisfaction



COMPASSION FATIGUE
AWARENESS PROJECT™

The Ten Laws Governing Authentic, Sustainable Self Care

1. By validating ourselves, we promote acceptance.
2. By validating others, we elevate ourselves.
3. By meeting our own mental, physical and spiritual needs, we provide care from a place of abundance not scarcity.
4. By practicing self-goodwill, we manifest it throughout our lives.
5. By honoring past traumas and hurts, we allow ourselves freedom from the pain that controls us.
6. By naming and taking ownership of the core issues that limit our growth, we create authenticity.
7. By “doing the work,” we reclaim the personal power this is rightfully ours.
8. By defining our personal boundaries, we teach others how to respect us.
9. By creating a Personal Mission Statement, we define ourselves.
10. By managing our self care, we welcome happiness into our lives.

Safe Space Visualization

Think of a place that makes you feel safe. It can either be a place you've visited before, a place you've seen but never been to, or a place that exists only in your imagination.

Find a quiet place where you won't be disturbed. Get into a seated position, with your back against your chair, your feet firmly planted on the floor, and your hands resting in your lap. You are safe in this space, and you will be safe during this exercise.

Close your eyes, and start taking deeper and deeper breaths.

Inhale for 1...2...3. Exhale for 1...2...3.

Feel yourself letting go of all your tensions.

Inhale for 1...2...3...4. Exhale for 1...2...3...4.

All of the stresses of your day are slowly falling away.

Inhale for 1...2...3...4...5. Exhale for 1...2...3...4...5.

You begin to relax as you create a quiet space around you.

Inhale for 1...2...3...4...5...6. Exhale for 1...2...3...4...5...6.

Continue breathing deeply as you start to visualize your safe space.

You are outside in a beautiful forest. Look around you, and visualize your surroundings. The sky is a beautiful cloudless blue—or maybe it has the soft multi-colored hues of sunrise or sunset.

Notice the colors of the trees or the grass. Maybe there's a creek running through your forest, and you can hear the gentle splashing of water as it tumbles over well-worn rocks. Birds are chirping in the distance, telling you that your forest is safe. You continue to breathe deeply.

Perhaps the sharp scent of pine stimulates your senses, or maybe you get the sweeter tones of meadow grass and wildflowers. Breathe in the gentle aromas that surround you in your safe space.

You begin to wander, noticing the features of your landscape. Build every detail in your mind. Copses of trees, groups of boulders, maybe even a cottage in the distance or a simple hammock where you can rest. Grow your safe space until it encompasses you and all of your fears and anxieties. Walk around your safe space until you have explored as much of it as you want to.

Continue walking until you find your perfect place—the place that makes you feel most at peace. Visualize yourself sitting here, in this place, and begin to breathe.

Inhale for 1...2...3. Exhale for 1...2...3.

Surround yourself with feelings of peace and safety.

Inhale for 1...2...3...4. Exhale for 1...2...3...4.

Know that you can come to this place whenever you're feeling overwhelmed and anxious.

Inhale for 1...2...3...4...5. Exhale for 1...2...3...4...5.

Your safe space will be there for you whenever you need it. You just need to know it's there and take a moment to visit.

Inhale for 1...2...3...4...5...6. Exhale for 1...2...3...4...5...6.

When you're ready to leave your safe space, slowly open your eyes and come back into the room. Hold onto those feelings of peace and safety, and know that you can revisit them whenever you need to.