

## Compassion Fatigue Self Test from ACE

**This self-test is not intended to provide medical advice or diagnosis. Consult a physician or mental health professional if you think you might be suffering from Compassion Fatigue.**

**Consider each of the following characteristics about you and your current situation. Write in the number for the best response. Use one of the following answers.**

**1= Rarely/Never**

**2= At Times**

**3= Not Sure**

**4= Often**

**5= Very Often**

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 victim I thought about violence against the person or persons who victimized.
9.  I am a sensitive person.
10.  I have had flashbacks connected to my clients and families.

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.

**Items about your clients and their families:**

17.  I am frightened of things traumatized people and their family have said or done to me.
18.  I experience troubling dreams similar to a client of mine and their family.
19.  I have experienced intrusive thoughts of sessions with especially difficult clients and their families.
20.  I have suddenly and involuntarily recalled a frightening experience while working with a client or their family.
21.  I am preoccupied with more than one client and their family.
22.  I am losing sleep over a client and their family's traumatic experiences.
23.  I have thought that I might have been "infected" by the traumatic stress of my clients and their families.
24.  I remind myself to be less concerned about the well-being of my clients and their families.
25.  I have felt trapped by my work as a helper.

26.  I have felt a sense of hopelessness associated with working with clients and their families.
27.  I have felt "on edge" about various things and I attribute this to working with certain clients and their families.
28.  I have wished that I could avoid working with some clients and their families.
29.  I have been in danger working with some clients and their families.
30.  I have felt that some of my clients and their families dislike me personally.

**Items about being a helper and your work environment:**

31.  I have felt weak, tired, rundown as a result of my work as a helper.
32.  I have felt depressed as a result of my work as a helper.
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" as a helper.
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.

**SCORING INSTRUCTIONS**

Make sure you have responded to ALL questions.

Next, circle the following 23 items: 1-8, 10-13, 17-26 and number 29.

Now ADD the numbers you wrote next to the items circled.  
Note your risk of Compassion Fatigue

**26 or LESS = Extremely LOW risk**  
**27 to 30 = LOW risk**  
**31 to 35 = Moderate risk**  
**36 to 40 = HIGH risk**  
**41 or more = Extremely HIGH risk**

To determine your risk of **Burnout**, ADD the numbers you wrote next to the items NOT circled.

Note your risk of Burnout

**19 or less = Extremely LOW risk**  
**20 to 24 = LOW risk**  
**25 to 29 = Moderate risk**  
**30 to 42 = High risk**  
**43 or more = Extremely high risk**

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This instrument is under development.