

## Compassion Fatigue Test from ACE (American Continuing Education)

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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.

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- \_\_\_ 17. I am frightened of things that traumatized people and their families 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 experience.
- \_\_\_ 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.
- \_\_\_ 31. I have felt weak, tired, run down as a result of my work as a helper.
- \_\_\_ 32. I have felt depressed as a result of my work as a helper.

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\_\_\_ 33. I am unsuccessful at separating work from personal life.

\_\_\_ 34. I feel little compassion toward most of my coworkers.

\_\_\_ 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.

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### **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.

**This is your risk of Compassion Fatigue:**

**26 or Less = Extremely LOW risk**

**27 – 30 = LOW risk**

**31 - 35 = Moderate risk**

**36 – 40 = HIGH risk**

**41 or More = Extremely HIGH risk**

ADD the numbers you wrote next to the items NOT circled.

**This is your risk of Burnout:**

**19 or Less = Extremely LOW risk**

**20 - 24 = LOW risk**

**25 – 29 = Moderate risk**

**30 – 42 = HIGH risk**

**43 or more = Extremely HIGH risk**