



THE AMERICAN ACADEMY OF EXPERTS IN TRAUMATIC STRESS®  
THE NATIONAL CENTER FOR CRISIS MANAGEMENT®

## COMPASSION FATIGUE SELF TEST FOR PRACTITIONERS

Created by Dr. Charles Figley  
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Name: \_\_\_\_\_ Gender:  Male  Female Years as a Practitioner: \_\_\_\_\_

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

Answer all items, even if not applicable. Then read the instructions to get your score.

### 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 provocations.
7. \_\_\_\_\_ I startle easily.
8. \_\_\_\_\_ While working with a victim, I have thought about violence against the person or perpetrator.
9. \_\_\_\_\_ I am a sensitive person.
10. \_\_\_\_\_ I have flashbacks connected to my clients and families.
11. \_\_\_\_\_ I have firsthand experience with traumatic events in my adult life.
12. \_\_\_\_\_ I have firsthand 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 interactions 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.

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

31. \_\_\_\_\_ I have felt weak, tired and 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 my personal life.
34. \_\_\_\_\_ I felt 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.

## **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

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**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