

STEP 3 COMPASSION FATIGUE TEST

Questionnaire

Read each statement with your current situation in mind. Write the corresponding value **(1 to 5)** in the appropriate column. At the end of the test, you'll find the results correction and interpretation table.

Never/
Rarely = **1** Sometimes = **2** Undecided = **3** Often = **4** Very often = **5**

1	I try to avoid certain thoughts or feelings that remind me of a frightening experience.				
2	I find that I avoid certain activities or situations because they remind me of a frightening experience.				
3	I have memory lapses about frightening events.				
4	I feel alienated from others.				
5	I have difficulty falling asleep or wake up during the night.				
6	I'm easily irritable, I get angry over nothing.				
7	The slightest thing startles me.				
8	Working with a victim, I've sometimes had violent fantasies about their aggressor.				
9	I'm a vulnerable person.				
10	I've had flashbacks about my clients.				
11	I myself had a traumatic experience as an adult.				
12	I myself had a traumatic experience as a child.				

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13	I've thought I needed to deal with a personal trauma.					
14	I've thought I needed more close friends.					
15	I've thought that I don't have anyone to talk to about things that are really stressing me out.					
16	I've come to the conclusion that it's not healthy for me to work so hard.					
17	I am frightened by certain things a client says or does to me.					
18	I have disturbing dreams, similar to those of a client.					
19	I've been disturbed by memories of interviews with particularly difficult clients.					
20	A frightening memory once came to me during an interview with a client.					
21	I have more than one client for whom I worry.					
22	A client's traumatic experiences keep me awake at night.					
23	Sometimes I think I'm "contaminated" by my clients' post-traumatic stress.					
24	I tell myself to worry less about my clients' well-being.					
25	There have been times when I've felt "siphoned off" by my work as an interventionist.					

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26	With some clients, I felt it was hopeless.					
27	I've had my nerves frayed in various situations, and I think it's because of my work with certain clients.					
28	There have been times when I've wished I could avoid working with certain clients.					
29	There have been times when I've felt in danger with certain clients.					
30	I've felt that my clients didn't like me as a person.					
31	I have sometimes felt fragile, tired or exhausted because of my work with clients.					
32	I have sometimes felt depressed because of my work with clients.					
33	I can't keep my work and personal life separate.					
34	I have no compassion for what most of my colleagues are going through.					
35	I feel I'm working more for the paycheck than for my satisfaction.					
36	I find it difficult to separate my personal life from my professional life.					
37	I feel my work is useless; it leaves me bitter and disillusioned					
38	Sometimes I think I've failed in my professional life.					

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- 39 Sometimes I think I'm not achieving my life goals.
- 40 My job requires me to perform bureaucratic tasks that are unimportant to me.

CORRECTION

1. Make sure you have answered all the questions.
2. Circle your answers to the following questions: 1 to 8, 10 to 13, 17 to 26 and 29.
3. Add up your answers to each of these questions and enter the total below on the Burnout line of the table interpreting your results.
4. Identify your level of risk of compassion fatigue.
5. Add up your answers that are not circled, and enter the total on the Burnout line of the table interpreting your results.
6. Identify your level of risk of burnout.
7. Consider seeking professional help if your level of risk is high for either.

RESULTS INTERPRETATION TABLE

Risk type	Total score	Risk levels				
		Very low	Low	Medium	High	Very high
Compassion fatigue		0 to 26	27 to 30	31 to 35	36 to 40	41 and +
Burnout		0 to 36		37 to 50	51 to 75	76 and +