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Compassion Fatigue Assessment Tool

Instructions:

- 1) For each question, check the box in the column that most applies.
- 2) Add up your column scores according to the point values indicated.
- 3) Add the column subtotals to get your total score.
- 4) Check your result using the score interpretation table.

#	QUESTION	Not at all (1 Point)	Rarely (2 Points)	Sometimes (3 Points)	Often (4 Points)	Very Often (5 Points)
1	Do you feel run down and drained of physical and emotional energy or have difficulty concentrating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you find that you are prone to negative thinking about the leadership of your job or church?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you feel that you have given too much and have become harder/less sympathetic with people than perhaps they deserve?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you find yourself getting easily irritated by small problems or by your committee members/ team?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you mask feelings by overworking, overspending, overeating, gambling (i.e., the lottery, Bingo), sexting, watching excessive TV, Blackberry, Angry Bird, web-surfing, Facebook, Twitter, LinkedIn, etc. Or, other substances: marijuana, alcohol, drugs (prescriptions too).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you suffer from bottled up emotions or feel isolated because you have no one you can be really honest with?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you have a growing feeling that your efforts are pointless because improvement is impossible?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Are you unable to complete tasks or meet deadlines?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you feel apathy, sadness or no longer find formerly treasured activities pleasurable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you feel that you are in the wrong church or the wrong profession yet have a strong reluctance to make changes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Are you becoming frustrated with your teammates or committee members?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	Do you feel that organizational or church politics or bureaucracy frustrate your ability to do a good job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	Do you feel that there is more work to do than you practically have the ability to do and you lack the support you need?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Do you suffer from lack of self-care? Do you fail to get proper health care, eat right, exercise, laugh, or get sufficient sleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Do you suffer from physical ailments such as ulcers, gastrointestinal problems and recurrent colds?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	COLUMN SUBTOTALS					

Add column subtotals to find your total score.

TOTAL SCORE:

SCORE INTERPRETATION TABLE

SCORE	COMMENT
15-18	Little sign of compassion fatigue
19-32	Little sign of compassion fatigue, unless some factors are particularly severe
33-49	Be careful -- you may be at risk of compassion fatigue, particularly if several scores are high
50-59	You may be at severe risk of compassion fatigue -- do something about this urgently
60-75	You may be at very severe risk of compassion fatigue -- do something about this urgently