

# Compassion Fatigue

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**Carrying the Weight of the World**  
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Compassion  
Fatigue  
Assessments



## **COMPASSION FATIGUE SURVEY**

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. Both tests are similar but not exactly the same.

1 = Rarely/Never

2 = At Times

3 = Not Sure

4 = Often

5 = Very Often

1. \_\_\_\_ I find myself avoiding certain activities or situations because they remind me of a call that went bad.
2. \_\_\_\_ I have gaps in my memory about certain calls.
3. \_\_\_\_ I feel estranged from others.
4. \_\_\_\_ I have difficulty falling or staying asleep.
5. \_\_\_\_ I have outbursts of anger or irritability at work.
6. \_\_\_\_ I startle easily.
7. \_\_\_\_ While talking with a caller I thought about violence against the person or persons who victimized.
8. \_\_\_\_ I am a sensitive person.
9. \_\_\_\_ I have had flashbacks connected to my calls.
10. \_\_\_\_ I have had first-hand experience with traumatic events in my adult life.
11. \_\_\_\_ I have had first-hand experience with traumatic events in my childhood.



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