

COMPASSION FATIGUE: ASSESSMENT

For use with Navigating Loss, Loneliness, and Aging: Reconnecting to Sources of Strength Series

Statements	YES	NO
Personal concerns commonly intrude on my professional role.		
My colleagues seem to lack understanding.		
I find even small changes enormously draining.		
I can't seem to recover quickly after association with trauma or loss.		
Association with loss or trauma affects me very deeply.		
My participants' stress or grief affects me deeply.		
I have lost my sense of hopefulness.		
I feel vulnerable all the time.		
I feel overwhelmed by unfinished personal business.		

If you answer yes to four or more you may be experiencing compassion fatigue. This is a great tool to keep on hand and periodically check in on yourself and your staff.