

Self-Awareness Assessment

PURPOSE

If you're a helper working with trauma, there are going to be some impacts. This assessment will help you become aware of your own personal signs, which is key to recognizing if you need rejuvenation and for prevention.

INSTRUCTIONS

Rate each statement using the following scale:

0 = Rarely | 1 = Seldom | 2 = Occasionally | 3 = Sometimes | 4 = Often | 5 = Very Often

01	I am not happy and content with my work life.	
02	I feel drained and exhausted from giving so much.	
03	I am preoccupied with the traumatized stories I have heard.	
04	I feel apathetic about work.	
05	I feel down after working with those I help.	
06	I think too much about the traumatic experiences of a person I help.	
07	I feel trapped by my work as a caregiver.	
08	Because of my work as a caregiver, I have been on edge.	
09	Outside of work, I avoid certain situations because they remind me of the experiences of those I work with.	
10	I don't like my work anymore.	
11	I am exhausted because of my work as a caregiver.	

12	I have intrusive thoughts of stories I have heard from those I'm helping.	
13	I feel overwhelmed with the amount of work I have to do.	
14	I wonder if I make a difference through my work.	
15	I constantly see examples of people hurting other people everywhere in the world.	
16	I work too hard.	
17	I become overwhelmed when thinking about working with certain clients.	
18	I feel a compulsion to push or work harder for justice and change related to the stories I witness and work with.	
19	I feel I'm working more for money than for personal fulfillment.	
20	I have felt trapped by my work as a caregiver.	
21	I have involuntarily recalled my own traumatic experience while working with a client.	

SCORING

Burnout		Compassion Fatigue		Vicarious Trauma	
01		02		03	
04		05		06	
07		08		09	
10		11		12	
13		14		15	
16		17		18	
19		20		21	
Total		Total		Total	

0-14 = Low Risk

15-21 = Moderate Risk

22-28 = High Risk

29-35 = Extremely High Risk

Reflecting on your score, what does it mean to you personally? What does it encourage you to focus on moving forward?

While no universally applicable cutoff score can be used under all circumstances, in most cases, a higher score indicates a higher level of distress.