

VT Self - Assessment Tool

Compassion has both positive and negative aspects that may manifest themselves in your personal functioning, your work, and in your relationships with others.

Name:

Date of Assessment:

Assign a number between 1 and 5 that comes closest to your existing feeling about yourself and your work, with 1 being rarely/never, to 5 being very often/always

Personal Satisfaction

1. _____ I am happy.
2. _____ I am satisfied with my life.
3. _____ I have beliefs that sustain me and endorse the value of the work I am doing.
4. _____ I learn new things from my clients.
5. _____ I feel connected to others.
6. _____ I have a good balance between work, personal relationships, and free time.
7. _____ I enjoy the company of some of the people I help.
8. _____ I enjoy my work.
9. _____ I feel that I have the tools and resources to do the job I have to do for my clients.
10. _____ I feel that I have good peer support when I need to work through a problem or issue in my practice.
11. _____ I feel invigorated by helping a client.
12. _____ I feel joy as a result of helping a client.
13. _____ I have thoughts that I am a success as a helper of my clients.
14. _____ I enjoy my peers and co-workers.
15. _____ I feel that I can rely on my peers and co-workers for support and understanding.
16. _____ I have confidence in the skills of my co-workers.
17. _____ I trust my co-workers.
18. _____ I feel that I am able to keep up with new developments in the law for the benefit of my clients.
19. _____ I feel that I am able to keep up with new methods for better serving clients.
20. _____ I feel that my co-workers have confidence in me as a person.
21. _____ I feel that my co-workers have confidence in my skills.
22. _____ I plan to do this kind of work for a long time to come.

TOTAL: _____

Over 95: extremely high potential for work satisfaction; 85 - 95: high potential for work satisfaction; 75 - 85: good potential for work satisfaction; 55 - 75: some potential for work satisfaction; Below 55: Irregular and inconsistent potential for work satisfaction.

How you feel about how you do your Work?

23. _____ I am a sensitive person.
24. _____ I have thought that I need more close friends (people that know me and are supportive of me).
25. _____ I have thought that there is no one to talk to about my highly stressful experiences whom I can trust and who will understand the kind of stress that I will be talking about.
26. _____ I work too hard for my own good.
27. _____ I have felt on edge about professional matters, and have attributed this to work with one or two specific clients.
28. _____ I wish I could avoid working with some clients.

29. _____ I have felt that my clients dislike me personally and that I need to change that.
30. _____ I have felt weak, tired, and run down as a result of my work.
31. _____ I have felt depressed as a result of my work.
32. _____ I am unsuccessful in separating work from personal life.
33. _____ I feel little compassion for or confidence in the skills of my co-workers.
34. _____ I feel I am working more for the money than for personal fulfillment.
35. _____ I have thoughts that I am a failure in my work.
36. _____ I have a sense of worthlessness, disillusionment, or resentment associated with my work.
37. _____ I feel that I am distracted by bureaucratic and unimportant tasks of practice and that my skills and work would be better applied to direct client care.
38. _____ I feel that I am not on the path to achieving my life goals.
39. _____ I plan to do this kind of work but in different practice circumstances.

TOTAL _____

Risk of Burnout scale: 34 or less: low risk for burnout; 35 - 51: moderate risk for burnout; 52 - 68: high risk for burnout; Over 68: extremely high risk for burnout.

How you feel about yourself and your work because of your clients?

40. _____ I force myself to avoid certain thoughts or feelings or ideas that remind me of a disturbing experience.
41. _____ I find myself avoiding certain activity or situations because they remind me of a disturbing experience.
42. _____ I have gaps in my memory about disturbing events.
43. _____ I feel estranged from others (clients, co-workers, family, family equivalents).
44. _____ I have difficulty falling or staying asleep.
45. _____ I have outbursts of anger or frustration, and experience irritability, with little provocation.
46. _____ I startle easily.
47. _____ While working with a client I thought (even momentarily) about violence as a solution to his/her interpersonal difficulty.
48. _____ I have had flashbacks and other intrusive recollections connected to my clients.
49. _____ I have had first-hand experience with traumatic events in my adult life.
50. _____ I have had first-hand experience with traumatic events in my childhood.
51. _____ I have had to "work through" an event in my life that I believed to be traumatic.
52. _____ I am disturbed by something a client has said or done to me, and wonder whether it will be repeated by other clients.
53. _____ I experience dreams or intrusive thoughts that are similar to those of a client.
54. _____ I have experienced intrusive thoughts of a session with a particularly difficult or troubling client.
55. _____ I have involuntarily recalled traumatic personal experiences while assisting a client.
56. _____ I am preoccupied with more than one client.
57. _____ I am losing sleep over a client's traumatic experiences.
58. _____ I have been concerned that I might have been infected by the traumatic stress or experiences of my clients.
59. _____ I remind myself to be less concerned about the well-being of my clients.
60. _____ I have felt trapped in my work with these clients.
61. _____ I have felt a sense of hopelessness about my professional work when working with my client.
62. _____ I have put myself or others in danger for the purpose of working with a client.
63. _____ I have thoughts that I need to demonstrate and prove my skills to others.

64. _____ I have thoughts that I have no control over the results of my work.

65. _____ I am planning to leave this kind of work.

TOTAL _____

Risk of vicarious traumatization manifesting itself in a disorder.

Any level of risk may manifest itself in a relationship upset or distraction with the client:

Under 26: low risk of vicarious traumatization;

26 - 52: moderate risk of vicarious traumatization;

Over 52: likely risk of vicarious traumatization manifesting itself in reduced client service and high risk of developing into a disorder if uncorrected.