

Compassion Fatigue and Burnout Quiz

Instructions:

For each statement, please choose the response that most accurately reflects how you've felt over the last two weeks.

- **Never** = 0
 - **Rarely** = 1
 - **Sometimes** = 2
 - **Often** = 3
 - **Always** = 4
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1. **I feel emotionally drained after helping others.**
 - Never / Rarely / Sometimes / Often / Always
2. **I find it difficult to find joy in activities I once enjoyed.**
 - Never / Rarely / Sometimes / Often / Always
3. **I feel disconnected from my work or the people I'm helping.**
 - Never / Rarely / Sometimes / Often / Always
4. **I have trouble sleeping because of stress related to my work or responsibilities.**
 - Never / Rarely / Sometimes / Often / Always
5. **I feel physically exhausted, even after getting enough rest.**
 - Never / Rarely / Sometimes / Often / Always
6. **I have become less patient with people I interact with, both personally and professionally.**
 - Never / Rarely / Sometimes / Often / Always
7. **I frequently feel overwhelmed by my workload or responsibilities.**
 - Never / Rarely / Sometimes / Often / Always
8. **I feel like I'm running on empty, with little to give to others.**
 - Never / Rarely / Sometimes / Often / Always
9. **I have difficulty concentrating or staying focused on tasks.**

- Never / Rarely / Sometimes / Often / Always

10. **I feel a sense of dread or anxiety when I think about work or helping others.**

- Never / Rarely / Sometimes / Often / Always

11. **I avoid social or professional situations that require me to engage with others.**

- Never / Rarely / Sometimes / Often / Always

12. **I feel emotionally numb or detached when hearing about others' struggles.**

- Never / Rarely / Sometimes / Often / Always

13. **I feel less effective in my role or less able to help others than I used to.**

- Never / Rarely / Sometimes / Often / Always

14. **I am physically or emotionally worn out by the end of my workday.**

- Never / Rarely / Sometimes / Often / Always

15. **I struggle to cope with the emotional demands of my work or personal life.**

- Never / Rarely / Sometimes / Often / Always

Scoring:

- **0–15 points:** You are likely not experiencing significant compassion fatigue or burnout, but it's always good to practice self-care and check in with yourself regularly.
- **16–30 points:** You may be experiencing mild to moderate compassion fatigue or burnout. It could be helpful to find strategies to manage stress, like setting boundaries or seeking support.
- **31–45 points:** You may be experiencing moderate to severe burnout or compassion fatigue. Consider taking a break, seeking professional support, and reviewing your workload to prioritize self-care.
- **46–60 points:** You may be dealing with significant compassion fatigue or burnout. It is highly recommended to seek support from a mental health professional and take time to rest and recuperate.

This quiz is a useful tool to help people gauge their emotional and physical well-being. If anyone scores on the higher end, seeking professional guidance is advised to prevent further mental or physical strain.