

Compassion Fatigue in Animal Welfare Self-Assessment

Instructions:

For each statement below, rate how frequently you've experienced the following over the past month. Rate each statement on a scale of 0 to 4.

- 0 = Never
- 1 = Rarely (Once or twice a month)
- 2 = Sometimes (Once a week)
- 3 = Often (Several times a week)
- 4 = Almost Always (Daily or almost daily)

1. I feel emotionally exhausted after my work with animals.
2. I find it hard to keep my personal life separate from my work with animals.
3. I feel numb when I hear about or witness animal suffering.
4. I have nightmares or intrusive thoughts about animal suffering.
5. I feel distressed or overwhelmed by the suffering of animals.
6. I feel angry, frustrated, and/or helpless when it comes to my work with animals.
7. I feel guilty because I can't help more animals.
8. I have trouble falling or staying asleep due to animal work-related stress or trauma.
9. I feel physically fatigued or have low energy.
10. I struggle with headaches, stomach aches, muscle tension, or other stress-related symptoms.
11. I have noticed a change in my appetite (e.g., eating too much or too little, binge eating, etc.)
12. Since I began working in animal welfare, I have developed or noticed an increase in a chronic health issue.
13. I avoid situations or tasks at work because they are too emotionally overwhelming.
14. I have been withdrawing from social situations or isolating myself more lately.
15. I have started, or increased, using drugs, alcohol, or other substances in order to cope with my stress.
16. I struggle with productivity or put off doing tasks because of my emotional exhaustion.
17. I have been irritable or short-tempered with others, both in my personal and professional life.
18. I've been finding it increasingly more difficult to concentrate or focus.
19. I often doubt whether or not I'm making a difference in my work with animals.
20. I've been considering leaving my job in animal welfare due to feeling hopeless.
21. Since I began working with animals, I have a negative outlook on life.
22. I don't trust others the way I used to.
23. I am struggling with my self-esteem or feeling like a failure because I can't help more animals.
24. I feel empty and disconnected from the passion that initially motivated me to work with animals.
25. I am not as engaged at work as I once was.
26. I have become more cynical since I started working with animals.
27. I do not take care of myself the way I used to.

28. I feel as though I am just going through the motions at work.
29. I feel I have been traumatized by my work with animals.
30. I have developed, or noticed an increase in, mental health issues such as depression or anxiety since I began working with animals.

Total Score: ____

Scoring and Interpretation

0-30: Low Compassion Fatigue

You are effectively managing your physical and emotional well-being. Maintain your self-care practice and continue to monitor for signs of stress and compassion fatigue.

31-60: Mild Compassion Fatigue

You are exhibiting some signs of compassion fatigue, so now is a good time to implement or increase self-care practices and stress management techniques.

61-90 Moderate Compassion Fatigue

You are experiencing multiple symptoms of compassion fatigue. Prioritize boundaries, self-care practices, and stress management skills. Consider seeking support or professional mental health treatment.

91-120 Severe Compassion Fatigue

You are showing signs of severe compassion fatigue, which may be affecting your personal and professional life. Consider seeking professional mental health support and reducing your workload. In addition, ramp up self-care and stress management strategies to prevent burnout or a more serious health issue.

Disclaimer:

This self-assessment is designed to help you reflect on your emotional and physical well-being as it relates to your work in animal welfare. It is not intended to diagnose any medical or psychological condition. If you are experiencing significant distress, anxiety, depression, or other mental health concern, please seek support from a licensed mental health professional. This tool is for personal use and should not replace professional advice or treatment.

Compassion Satisfaction in Animal Welfare Self-Assessment

Instructions:

For each statement below, rate how frequently you've experienced the following feelings over the past month. Use the following scale:

- 0 = Never
- 1 = Rarely (Once or twice a month)
- 2 = Sometimes (Once a week)
- 3 = Often (Several times a week)
- 4 = Almost Always (Daily or almost daily)

1. I derive meaning or a sense of purpose from helping animals.
2. I believe I make a difference in the work I do with animals.
3. I feel that I make an impact on the animal welfare field as a whole.
4. I find joy and satisfaction in caring for or working to protect animals.
5. I feel connected to a greater cause through my work with animals.
6. I often feel that my work with animals aligns with my personal values.
7. I feel energized by my work to help animals.
8. I experience positive emotions when I involved in, or hear about, animals being saved, finding forever homes, etc.
9. I feel appreciated for the work I do with animals.
10. I am deeply fulfilled by my work with animals.
11. I have grown as a person because of my work with animals.
12. I feel confident in my work and am constantly learning and improving.
13. I am proud to work with animals and be a part of a larger cause.
14. I feel that despite the challenges of animal welfare, I am motivated to continue my work.
15. I feel connected to others who share my values and passion to help animals.
16. I have meaningful relationships with other animal advocates or activists.
17. I feel I have developed resilience and healthy coping skills to be able to sustain my work with animals.
18. I am optimistic about the future of my career as well as the future of animal welfare in general.
19. I am able to notice, and celebrate, the "little victories" or success stories in my work with animals.
20. I recognize and accept that I have limits but that I am still making a difference in the lives of animals.

Total Score: _____

Scoring and Interpretation

60-80: High Compassion Satisfaction

You are highly motivated by and engaged in your work with animals. You are able to find meaning, purpose, and fulfillment through your work. Despite the challenges and setbacks, you are able to recognize the positive outcomes, which help to buffer against stress and fatigue.

40-59: Moderate Compassion Satisfaction

You find joy through your work with animals, but may not feel that deep fulfillment you once did. You feel like you're making a difference, but could benefit from reflecting on and engaging in the aspects of the work that bring you the most satisfaction.

0-39: Low Compassion Satisfaction

You may feel that you're starting to feel disconnected from your work or the cause in general. If you're struggling to find joy, meaning, and purpose through your work, you could be at risk of developing compassion fatigue or burnout. Reflect on what might need to change in your personal or professional life to help you reignite your passion.

Disclaimer:

This self-assessment is designed to help you reflect on the positive aspects of your work in animal welfare. It is not a diagnostic tool and should not be used as a substitute for professional mental health advice or treatment. If you are experiencing significant distress or dissatisfaction in your work, please consider speaking with a licensed mental health professional for further support.