

Caregiver Compassion Fatigue Assessment

Recognise the cost of sustained caring and build an intentional plan for genuine replenishment and boundary protection.

Name: _____ Date: _____ Clinician: _____

What is compassion fatigue? Compassion fatigue is a form of secondary traumatic stress that affects caregivers — parents, therapists, teachers, nurses, and anyone who regularly gives emotional care to others. It is not weakness. It is the cost of caring, and it requires intentional replenishment.

COMPASSION FATIGUE ASSESSMENT

	Never	Rarely	Sometimes	Often	Always
I feel emotionally exhausted by the demands of caring for others	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have less empathy than I used to — I feel numb or detached	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I dread interactions that used to feel meaningful	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am absorbing others' pain and carrying it home with me	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about my ability to make a difference	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My sleep, appetite, or physical health is suffering	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am irritable, cynical, or short-tempered with those I care for or about	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have reduced my personal self-care significantly	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel guilty for having needs of my own	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am using unhealthy coping strategies more than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

UNDERSTANDING MY COMPASSION FATIGUE

What I have been giving — and to whom:

What I have been going without:

The last time I felt genuinely replenished:

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REFLECTION & INTEGRATION

What genuine replenishment looks like for me (not just rest — actual restoration):

One boundary I need to strengthen to protect my capacity to care:

A support I need to ask for — from my workplace, family, or community:

A compassionate statement I can offer myself about needing care too:
