

## Stress Style Test

Created by Daniel Goleman, PhD

Imagine yourself in a stressful situation. When you are feeling anxious, what do you typically experience? Check all that apply.

- 1. My heart beats faster.
- 2. I find it difficult to concentrate because of distracting thoughts.
- 3. I worry too much about things that don't really matter.
- 4. I feel jittery.
- 5. I get diarrhea.
- 6. I imagine terrifying scenes.
- 7. I can't keep anxiety-provoking pictures and images out of my mind.
- 8. My stomach gets tense.
- 9. I pace up and down nervously.
- 10. I am bothered by unimportant thoughts running through my mind.
- 11. I become immobilized.
- 12. I feel I am losing out on things because I can't make decisions fast enough.
- 13. I perspire.
- 14. I can't stop thinking worrisome thoughts.

Give yourself a "mind" point if you checked the following questions: 2, 3, 6, 7, 10, 12, and 14.

Mind Total: \_\_\_\_\_

Give yourself a "body" point if you checked the following questions: 1, 4, 5, 8, 9, 11, and 13.

Body Total: \_\_\_\_\_

## Choosing a Relaxer

### Body

If stress registers mainly in your body, you will need a remedy that will break up the physical tension pattern. This may be a vigorous body workout but a slow-paced, even lazy, muscle relaxer may be equally effective. Here are some suggestions.

- Aerobics
- Progressive relaxation
- Swimming
- Biking
- Rowing
- Running
- Walking
- Yoga
- Massage
- Soaking in a hot tub
- Deep breathing
- Golf

### Mind

If you experience stress as an invasion of worrisome thoughts, the most direct intervention is anything that will engage your mind completely and redirect it, such as meditation. On the other hand, some people find that the sheer exertion of physical exercise unhooks the mind wonderfully and is very effective therapy. Here are some suggestions.

- Meditation
- Exercise
- Reading
- Crosswords, puzzles
- TV, movies
- Games, such as chess and cards
- Knitting and sewing
- Carpentry, handicrafts
- Any absorbing hobby
- Creative imagery

### Mind/Body

If you are a mixed type, you may want to try a physical activity that also demands mental rigor.

- Competitive sports (tennis, racquetball, squash, volleyball)
- Any combination of mind and body activity

## Coping Index

- \_\_\_ 1. If you have a supportive family, give yourself 10 points.
- \_\_\_ 2. If you pursue a hobby at least 1–2 hours a week, give yourself 10 points.
- \_\_\_ 3. If you attend a social activity at least once per week, give yourself 10 points.
- \_\_\_ 4. If you are within 15 pounds of your ideal weight, give yourself 15 points.
- \_\_\_ 5. If you do at least 90 minutes of deep relaxation or meditation per week, give yourself 10 points.
- \_\_\_ 6. For each day per week you perform at least 30 minutes of aerobic exercise, give yourself 5 points.
- \_\_\_ 7. For each balanced meal you eat per day, give yourself 5 points (figure your average day, up to a total of 15 points)
- \_\_\_ 8. If you do at least one activity per week “just for you,” give yourself 10 points.
- \_\_\_ 9. If you have a place in your home where you can relax without interruptions, give yourself 10 points.
- \_\_\_ 10. If you use a time management program or process regularly, give yourself 10 points.
- \_\_\_ 11. For each pack of cigarettes that you smoke per day, subtract 10 points.
- \_\_\_ 12. For each day per week you use a form of medication to relax, subtract 5 points.
- \_\_\_ 13. For each day per week that you drink alcohol, subtract 5 points.
- \_\_\_ 14. For each day per week that you use alcohol to help you relax, subtract 10 points.
- \_\_\_ 15. For each day per week that you take work home, subtract 5 points (up to 35 points).
- \_\_\_ Total

### Coping Index Scale

- 0–25 points      Heading for serious trouble. Stress illnesses and/or burnout may be already happening or are imminent.
- 25–55 points      Index is still problematic. Some illnesses are likely.
- 56 points or higher      A healthy stress index. Good reserves for managing stress.

## Compassion Satisfaction/Fatigue Self-Test for Helpers<sup>1</sup>

Helping others puts you in direct contact with other people's lives. As you probably have experienced, your compassion for those you help has both positive and negative aspects. This self-test helps you estimate your compassion status: how much at risk you are of burnout and compassion fatigue and also the degree of satisfaction with helping others. Consider each of the following characteristics about you and your current situation. Write in the number that honestly reflects how frequently you experienced these characteristics in the last week. Then follow the scoring directions at the end of the self-test.

0=Never 1=Rarely 2=A Few Times 3=Somewhat Often 4=Often 5=Very Often

### Items About You

- \_\_\_ 1. I am happy.
- \_\_\_ 2. I find my life satisfying.
- \_\_\_ 3. I have beliefs that sustain me.
- \_\_\_ 4. I feel estranged from others.
- \_\_\_ 5. I find that I learn new things from those I care for.
- \_\_\_ 6. I force myself to avoid certain thoughts or feelings that remind me of a frightening experience.
- \_\_\_ 7. I find myself avoiding certain activities or situations because they remind me of a frightening experience.
- \_\_\_ 8. I have gaps in my memory about frightening events.
- \_\_\_ 9. I feel connected to others.
- \_\_\_ 10. I feel calm.
- \_\_\_ 11. I believe that I have a good balance between my work and my free time.
- \_\_\_ 12. I have difficulty falling or staying asleep.
- \_\_\_ 13. I have outbursts of anger or irritability with little provocation
- \_\_\_ 14. I am the person I always wanted to be.
- \_\_\_ 15. I startle easily.
- \_\_\_ 16. While working with a victim, I thought about violence against the perpetrator.
- \_\_\_ 17. I am a sensitive person.

<sup>1</sup> Adopted by B. Stamm and included in a chapter in C. R. Figley (Ed.) (in press), *Treating Compassion Fatigue*. Philadelphia: Brunner/Mazel.

- \_\_\_ 18. I have flashbacks connected to those I help.
- \_\_\_ 19. I have good peer support when I need to work through a highly stressful experience.
- \_\_\_ 20. I have had first-hand experience with traumatic events in my adult life.
- \_\_\_ 21. I have had first-hand experience with traumatic events in my childhood.
- \_\_\_ 22. I think that I need to “work through” a traumatic experience in my life.
- \_\_\_ 23. I think that I need more close friends.
- \_\_\_ 24. I think that there is no one to talk with about highly stressful experiences.
- \_\_\_ 25. I have concluded that I work too hard for my own good.
- \_\_\_ 26. Working with those I help brings me a great deal of satisfaction.
- \_\_\_ 27. I feel invigorated after working with those I help.
- \_\_\_ 28. I am frightened of things a person I helped has said or done to me.
- \_\_\_ 29. I experience troubling dreams similar to those I help.
- \_\_\_ 30. I have happy thoughts about those I help and how I could help them.
- \_\_\_ 31. I have experienced intrusive thoughts of times with especially difficult people I helped.
- \_\_\_ 32. I have suddenly and involuntarily recalled a frightening experience while working with a person I helped.
- \_\_\_ 33. I am preoccupied with more than one person I help.
- \_\_\_ 34. I am losing sleep over a person I help’s traumatic experiences.
- \_\_\_ 35. I have joyful feelings about how I can help the victims I work with.
- \_\_\_ 36. I think that I might have been “infected” by the traumatic stress of those I help.
- \_\_\_ 37. I think that I might be positively “inoculated” by the traumatic stress of those I help.
- \_\_\_ 38. I remind myself to be less concerned about the well-being of those I help.
- \_\_\_ 39. I have felt trapped by my work as a helper.
- \_\_\_ 40. I have a sense of hopelessness associated with working with those I help.
- \_\_\_ 41. I have felt “on edge” about various things and I attribute this to working with certain people I help.
- \_\_\_ 42. I wish that I could avoid working with some people I help.
- \_\_\_ 43. Some people I help are particularly enjoyable to work with.

\_\_\_ 44. I have been in danger working with people I help.

\_\_\_ 45. I feel that some people I help dislike me personally.

0=Never 1=Rarely 2=A Few Times 3=Somewhat Often 4=Often 5=Very Often

**Items About Being a Helper and Your Helping Environment**

\_\_\_ 46. I like my work as a helper.

\_\_\_ 47. I feel like I have the tools and resources that I need to do my work as a helper.

\_\_\_ 48. I have felt weak, tired, run down as a result of my work as helper.

\_\_\_ 49. I have felt depressed as a result of my work as a helper.

\_\_\_ 50. I have thoughts that I am a “success” as a helper.

\_\_\_ 51. I am unsuccessful at separating helping from personal life.

\_\_\_ 52. I enjoy my co-workers.

\_\_\_ 53. I depend on my co-workers to help me when I need it.

\_\_\_ 54. My co-workers can depend on me for help when they need it.

\_\_\_ 55. I trust my co-workers.

\_\_\_ 56. I feel little compassion toward most of my co-workers

\_\_\_ 57. I am pleased with how I am able to keep up with helping technology.

\_\_\_ 58. I feel I am working more for the money/prestige than for personal fulfillment.

\_\_\_ 59. Although I have to do paperwork that I don't like, I still have time to work with those I help.

\_\_\_ 60. I find it difficult separating my personal life from my helper life.

\_\_\_ 61. I am pleased with how I am able to keep up with helping techniques and protocols.

\_\_\_ 62. I have a sense of worthlessness/disillusionment/resentment associated with my role as a helper.

\_\_\_ 63. I have thoughts that I am a “failure” as a helper.

\_\_\_ 64. I have thoughts that I am not succeeding at achieving my life goals.

\_\_\_ 65. I have to deal with bureaucratic, unimportant tasks in my work as a helper.

\_\_\_ 66. I plan to be a helper for a long time.

### Self-Test Scoring Instructions

Please note that research is ongoing on this scale and the following scores should be used as a guide, not confirmatory information.

1. Be certain you respond to all items.
2. Mark the items for scoring:
  - a. Put an x by the following 26 items: 1-3, 5, 9-11, 14, 19, 26-27, 30, 35, 37, 43, 46-47, 50, 52-55, 57, 59, 61, 66.
  - b. Put a check by the following 16 items: 17, 23-25, 41, 42, 45, 48, 49, 51, 56, 58, 60, 62-65.
  - c. Circle the following 23 items: 4, 6-8, 12, 13, 15, 16, 18, 20-22, 28, 29, 31-34, 36, 38-40, and 44.
3. Add the numbers you wrote next to the items for each set of items and note:

*Your potential for Compassion Satisfaction (x):*

118 and above = extremely high potential  
100-117 = high potential  
82-99 = good potential  
64-81 = modest potential  
below 63 = low potential

*Your risk for Burnout (check):*

32 or less = extremely low risk  
33-37 = low risk  
34-50 = moderate risk  
51-75 = high risk  
76-85 = extremely high risk

*Your risk for Compassion Fatigue (circle):*

26 or less = extremely low risk  
27-30 = low risk  
31-35 = moderate risk  
36-40 = high risk  
41 or more = extremely high risk

Chart by circling the appropriate score categories below for your assessed level of risk.

<b>Level of Risk</b>	<b>Burnout Level</b>	<b>Compassion Fatigue (CF) Level</b>	<b>Satisfaction Level</b>
High/Extremely High	51 or more	36 or more	82 or more
Moderate	34 – 50	31 – 35	64 – 81
Extremely Low/Low	32 or less	30 or less	63 or less