



Scan for more tools

Vicarious Trauma Self-Assessment



Helps clinicians identify early signs of vicarious trauma, track patterns over time, and plan proactive self-care responses.

Instructions: Read each statement and rate how often you have experienced it in the past month. Circle or mark your rating. After completing, review your scores and note any patterns. Use the “Action Steps” section to plan support strategies.

Rating Scale:

0 = **Never** 1 = **Rarely** 2 = **Sometimes** 3 = **Often** 4 = **Almost Always**

Domain	Item	0	1	2	3	4	5
Emotional	I feel emotionally drained after sessions.						
	I notice less compassion or patience with clients.						
	I feel irritable or easily frustrated outside of work.						
Cognitive	I have difficulty concentrating on tasks.						
	I replay distressing client stories in my mind.						
	I feel hopeless about my ability to help.						
Physical	I have trouble sleeping or vivid dreams about work.						
	I notice muscle tension, headaches, or fatigue.						
	I get sick more often than usual.						
Behavioral	I withdraw from social activities.						
	I avoid certain clients or topics.						
	I increase use of caffeine, sugar, alcohol, or other coping substances.						

Scoring Guide:

0–12: Minimal signs — continue monitoring

13–24: Early signs — review self-care and workload balance

25–36: Significant signs — consider supervision/support

37–48: High risk — seek professional support and reduce exposure if possible

Action Steps:

Three changes I can make this week to reduce stress:

1. _____

2. _____

3. _____
