SELF-ASSESSMENT TOOL: Self Care

(Adapted from Saakvitne & Pearlman & TSI Staff,
Transforming the Pain: A Workbook on Vicarious Traumatization, 1996).

How often do you do the following? (Rate, using the scale below):

5 = Frequently
4 = Occasionally
3 =Sometimes
2 = Never
I = It never even occurred to me

Physical Self Care

- ☐ *Eat regularly (e.g. breakfast & lunch)*
- ☐ *Eat healthfully*
- ☐ *Exercise, or go to the gym*
- ☐ *Lift weights*
- ☐ *Practice martial arts*
- ☐ *Get regular medical care for prevention*
- ☐ *Get medical care when needed*
- ☐ *Take time* off *when you're sick*
- ☐ *Get massages or other body work*
- ☐ *Do physical activity that is fun for you*
- ☐ *Take time to be sexual - with yourself, with a partner*
- ☐ *Get enough sleep*
- ☐ *Wear clothes you like*
- ☐ *Take vacations*
- ☐ *Take day trips, or mini-vacations*
- ☐ *Get away from stressful technology such as pagers, faxes, telephones, e-mail*
- ☐ *Other:*

Psychological Self Care

- ☐ *Make time for self-reflection*
- ☐ *Go to see a psychotherapist or counselor for yourself*
- ☐ *Write in a journal*
- ☐ *Read literature unrelated to work*
- ☐ *Do something at which you are a beginner*
- ☐ *Take a step to decrease stress in your life*
- ☐ *Notice your inner experience - your dreams, thoughts, imagery, feelings*
- ☐ *Let others know different aspects of you*
- ☐ *Engage your intelligence in a new area - go to an art museum, performance, sports event, exhibit, or other cultural event*
- ☐ *Practice receiving from others*
- ☐ *Be curious*
- ☐ *Say no to extra responsibilities sometimes*
- ☐ *Spend time outdoors*
- ☐ *Other:*

Emotional Self Care

- ☐ *Spend time with others whose company you enjoy*
- ☐ *Stay in contact with important people in your life*
- ☐ *Treat yourself kindly (supportive inner dialogue or self-talk)*
- ☐ *Feel proud of yourself*
- ☐ *Reread favorite books, review favorite movies*
- ☐ *Identify comforting activities, objects, people, relationships, places - and seek them out*
- ☐ *Allow yourself to cry*
- ☐ *Find things that make you laugh*
- ☐ *Express your outrage in a constructive way*
- ☐ *Play with children*
- ☐ *Other:*

Spiritual Self Care

- ☐ *Make time for prayer, meditation, reflection*
- ☐ *Spend time in nature*
- ☐ *Participate in a spiritual gathering, community or group*
- ☐ *Be open to inspiration*
- ☐ *Cherish your optimism and hope*
- ☐ *Be aware of nontangible (nonmaterial) aspects of life*
- ☐ *Be open to mystery, not knowing*
- ☐ *Identify what is meaningful to you and notice its place in your life*
- ☐ *Sing*
- ☐ *Express gratitude*
- ☐ *Celebrate milestones with rituals that are meaningful to you*
- ☐ *Remember and memorialize loved ones who are dead*
- ☐ *Nurture others*
- ☐ *Have awe-ful experiences*
- ☐ *Contribute to or participate in causes you believe in*
- ☐ *Read inspirational literature*
- ☐ *Listen to inspiring music*
- ☐ *Other:*

Workplace/Professional Self Care

- ☐ *Take time to eat lunch*
- ☐ *Take time to chat with co-workers*
- ☐ *Make time to complete tasks*
- ☐ *Identity projects or tasks that are exciting, growth-promoting, and rewarding for you*
- ☐ *Set limits with clients and colleagues*
- ☐ *Balance your caseload so no one day is "too much!"*
- ☐ *Arrange your workspace so it is comfortable and comforting*
- ☐ *Get regular supervision or consultation*
- ☐ *Negotiate for your needs (benefits, pay raise)*
- ☐ *Have a peer support group*
- ☐ *Develop a non-trauma area of professional competence*
- ☐ *Other:*