

Personality Inventory

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Age in positive

Abuse/overuse tranquilizers or other drugs, these can alter perceptions

Be optimistic. Engage

yourself for you.

withdraw from people

inappropriate stress symptoms

Be your

Self-Care Assessment

Adapted from: Saakvold, E., Hannigan, G. & Gill, G. (1996). *Transferring the vicarious trauma workbook on vicarious traumatization*. Norther

s well (e.g., frequently)

3 = I do this

Self-Care Assessment

I am usually able to get the work done that I need to do.

1 = Never

2 = Sometimes

3 = Often

4 = Always

5 = I do this

6 = I do this

7 = I do this

8 = I do this

9 = I do this

10 = I do this

11 = I do this

12 = I do this

13 = I do this

14 = I do this

15 = I do this

16 = I do this

17 = I do this

18 = I do this

19 = I do this

20 = I do this

21 = I do this

22 = I do this

23 = I do this

24 = I do this

25 = I do this

26 = I do this

27 = I do this

28 = I do this

29 = I do this

30 = I do this

31 = I do this

32 = I do this

How do you spend your leisure time?

Check/Uncheck Both Boxes

_____ Spend time with family and friends
 _____ Spend time with family and friends

_____ Spend time with family and friends
 _____ Spend time with family and friends

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 _____ Spend time with family and friends

Check/Uncheck Both Boxes

_____ Spend time with family and friends

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_____ Spend time with family and friends

_____ Spend time with family and friends

_____ Spend time with family and friends

_____ Spend time with family and friends

_____ Stay in contact with faraway friends

_____ Make time to reply to personal emails and letters

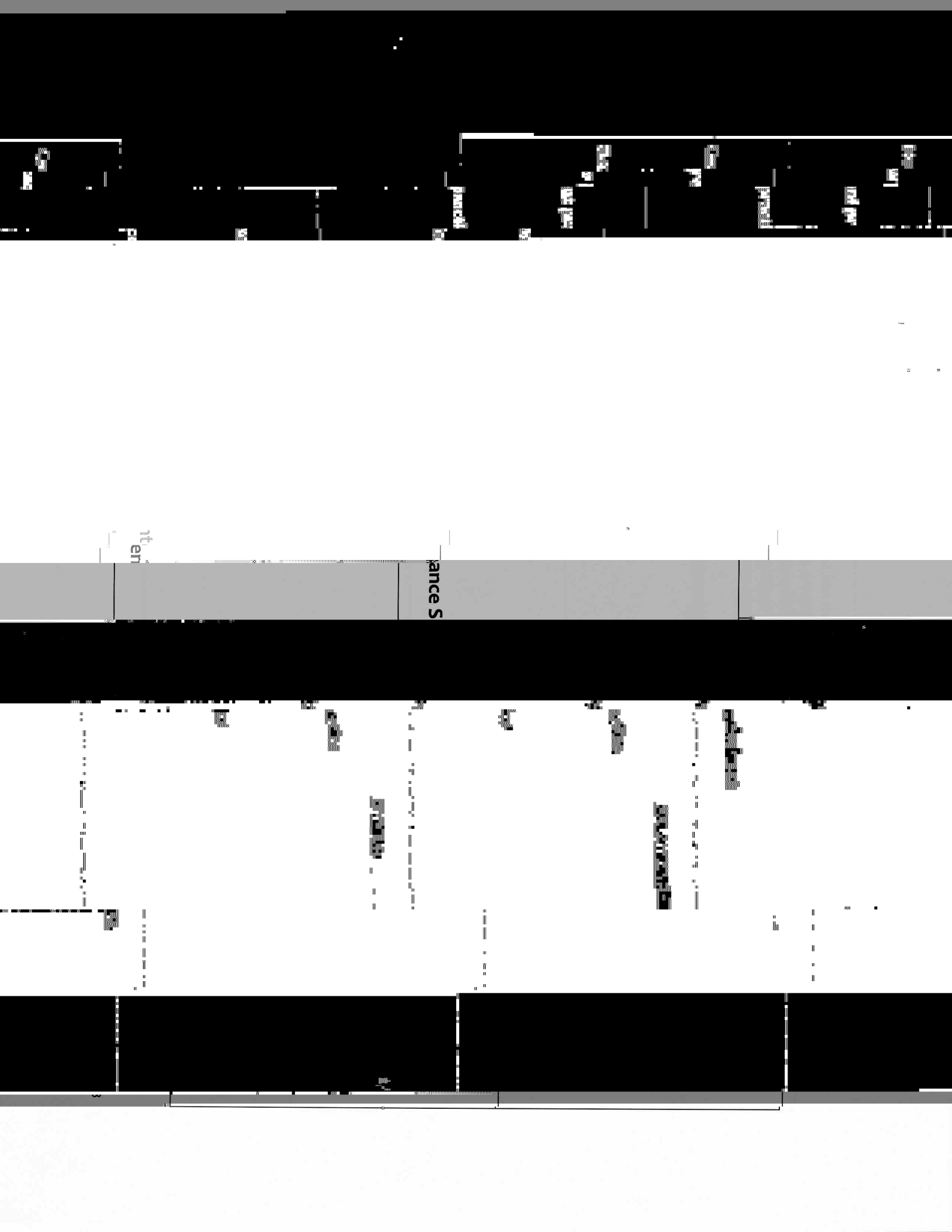
_____ Share a really funny or secret with someone I trust

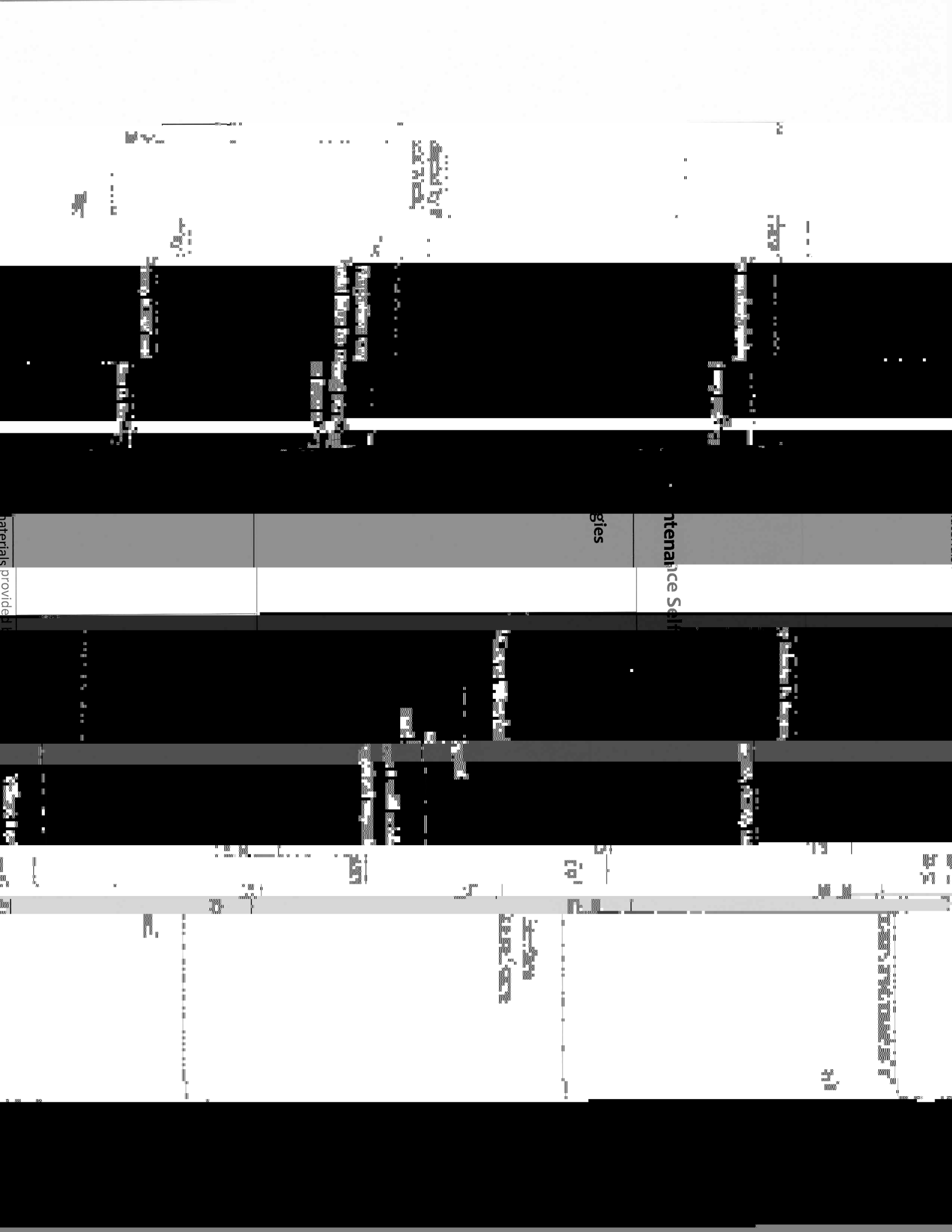
_____ Other:

Workplace or Professional Self-Care

Take a break during your workday / a day

Get lunch with clients and colleagues





Emergency Self-Care Worksheet

Do you need to do anything to help yourself when things get really bad? What do you think you would do for yourself when things get really bad?

something to do.

it to yourself.

