

SELF INVENTORY SCREENING FOR ANIMAL ADVOCATES*

What blocks your flow of joy when giving to animals?

Directions: Circle the Number "1" to indicate that you seldom feel that way, Circle "2" for sometimes, Circle "3" for often, Circle "4" for usually, and circle "5" for always. (Circle 0 if you feel that the statement never applies to you)

Part I. (Self-Care) When it comes to giving to animals, how often do you feel....

| | Never | Seldom | Sometimes | Often | Usually | Always |
|---|-------|--------|-----------|-------|---------|--------|
| that others are worried about your health and well-being | 0 | 1 | 2 | 3 | 4 | 5 |
| ineffective and self-critical about what you are not getting done | 0 | 1 | 2 | 3 | 4 | 5 |
| exhausted, overworked and depleted | 0 | 1 | 2 | 3 | 4 | 5 |
| you are neglecting your own needs | 0 | 1 | 2 | 3 | 4 | 5 |
| your work for animals takes a toll on your personal/family life | 0 | 1 | 2 | 3 | 4 | 5 |

Part I Subscale Score: _____

PART II. (Cumulative Grief)

When it comes to giving to animals, how often do you feel...

| | | | | | | |
|--|---|---|---|---|---|---|
| a heavy and lasting sadness | 0 | 1 | 2 | 3 | 4 | 5 |
| bothered by haunting images of animals | 0 | 1 | 2 | 3 | 4 | 5 |
| responsible for the well-being of too many animals | 0 | 1 | 2 | 3 | 4 | 5 |
| that you are emotionally depleted | 0 | 1 | 2 | 3 | 4 | 5 |
| you are grieving an animal-related loss | 0 | 1 | 2 | 3 | 4 | 5 |

Part II Subtotal Score: _____

PART III. (People) When it comes to giving to animals, how often do you feel.....

| | Never | Seldom | Sometimes | Often | Usually | Always |
|--|-------|--------|-----------|-------|---------|--------|
| people present some of your greatest challenges | 0 | 1 | 2 | 3 | 4 | 5 |
| that well-intentioned helpers can really "mess things up" | 0 | 1 | 2 | 3 | 4 | 5 |
| others are not doing their fair share | 0 | 1 | 2 | 3 | 4 | 5 |
| frustrated and angry with the public | 0 | 1 | 2 | 3 | 4 | 5 |
| disappointed and let down by people you thought were like-minded | 0 | 1 | 2 | 3 | 4 | 5 |

PART III: Subtotal Score _____

Understanding the Results

Total Score 0 – 75 (add Part I, II, and III subscale scores together): _____

Less than 25: Suggests that you are aware of aspects of your work that are emotionally challenging. You have found coping strategies that help you.

25 to 50: Suggests that you are experiencing some depletion from cumulative grief and may also be struggling to prioritize your own needs. Frustration in dealing with difficult people contributes to the experience of being overwhelmed and overextended in your efforts.

51 to 75: Suggests that signs of burnout and compassion fatigue are likely present. A stronger focus on taking care of yourself is needed now to help reduce the physical, mental and emotional stress. Conflicts and negative interactions are likely diminishing the sense of team support and cohesiveness.

Subscale Scores: (0-25) A score greater than 12 indicates that this unique challenge faced in helping animals may be blocking your flow of energy, cooperative spirit and peaceful contentment in your work and in your life.

Subscale I: Self-Care Inadequate self-care and not enough limit-setting may block the flow of everyday joy in yourself and to others.

Subscale II: Cumulative Grief You feel a lasting sadness from an overload of animal-related loss – blocking joy.

Subscale III: People You are experiencing stress and discouragement in dealing with people in your work with animals –blocking joy.

*created by clinical psychologist, Linda R Harper, Ph.D. 2016, Author of *The Power of Joy in Giving to Animals*