Self-Care Assessment

Not a problem = 1  Could be a problem = 2  Definitely a problem = 3

Some Hazardous Attitudes

_____ Arrogance: I am perceived by others as a know-it-all.
_____ Omnipotence: I inflate my sense of power and control.
_____ Cynicism: I act as though I've seen it all and appear skeptical.
_____ Narcissism: I take myself too seriously or inflate my self-importance.
_____ Hypocrisy: I don't practice in my own life what I expect of others.

Comment: _________________________________________________________________________

Some Self-Defeating Work Habits

_____ Workaholism: I work too many hours and over-structure my life.
_____ Negligence: I act out by failing to complete paperwork in a timely manner.
_____ Boredom: I feel bored and stale in meetings, going through the motions.
_____ Isolation: I spend too much time alone.
_____ One dimensionality: I only hang around other social service people and talk about work-related stuff.

Comment: ____________________________________________________________________________

Some Other Side Effects

_____ Futility: I get discouraged and frustrated with progress in my work.
_____ Fatigue: I lead a lifestyle that drains me of energy.
_____ Intellectualizing: I restrict my degree of emotional expressiveness.
_____ Mistrust: I find it difficult to experience intimacy in my personal relationships.
_____ Relationships: I face a number of conflicts with colleagues at work.

Comment: ____________________________________________________________________________
Formulating a "Diagnosis"

After completing the assessment of hazards in which you assessed areas of possible difficulty as well as symptoms or underlying problems, you can next create a kind of diagnostic impression based on the results. You are not being asked to choose a DSM label for yourself but rather to write a one paragraph case summary using the information from your intake.

Creating a Self-Care Plan

Now that you've diagnosed yourself, develop a self-care plan:

1) What are some of your "triggers" (e.g., client behaviors or issues that are particularly stressful for you)?

2) What do you find most enjoyable or rewarding about your work? How can you increase these experiences?

3) How do you know when your stress level is getting high?
4) What are some things you do to relax?

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5) How can others help when you feel stressed-out?

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6) Appoint members to your "personal board of directors" (e.g., people who can support you in times of need). Who did you appoint? Why did you select them?

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