

# Counselor/Advocate/Therapist Self Care Assessment

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Consider your current and past experiences when answering the following questions:

## Experiencing stress in this work

- In your family of origin, how was leisure time viewed? Practiced?
  
- Can you think of a family member or someone in the community people would tell stories about regarding their work habits? What was the moral lesson you learned or were supposed to learn from these stories?
  
- What model of handling self-care did your parent(s)/caregiver(s) model for you?
  - How would you summarize what you learned about how a *man* was supposed to work?
  - How would you summarize what you learned about how a *woman* was supposed to work?
  
- How would you describe the views of staff in your program or on your team regarding self-care? What is the group norm?
  
- At previous times in your life have you been overly stressed at work or viewed yourself as “burned out?” When?
  - If so, how did you experience these times physically?
  - What thoughts would continually circulate in your mind?
  
- What is it about discussing SA or DV incidents that is stressful for you?
  - Are you aware of what it feels like when you start to feel this stress?
  - How do you know when you start to retreat inside yourself at these times?

# Countering stress with Self Care

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- In the past times of stress, what steps or activities would you undertake to manage the stress?
  - Were these successful?
  - Did you use them preventively or wait until things got pretty bad?
- What steps have you told yourself in the past would be good steps to take?
- What restraints do you feel at implementing a self-care program?
- What general steps would you like to see yourself take in the future?

## Now for your plan...

- What plans do you wish to make regarding your physical self?
- What plans do you wish to make regarding your family/close relationships?
- What plans do you wish to make regarding your work relationships?
- What plans do you wish to make regarding the way you do your work?
- What plans do you wish to make regarding your spiritual self?
- Other ideas you are considering...