



# Self-Care Questionnaire

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Research shows that people who take time to recharge and restore are more creative, happier, and more successful. This questionnaire will help you identify the areas of your life that are well-tended, and those that could use more time and attention. This is not meant to be a diagnostic assessment. Instead, it is a tool to help you see what you are doing to care for yourself. There are no right or wrong answers to these questions, and some of them may require a bit of thought. Take your time and answer each question to the best of your ability based on your self-care practices right now.

**For the following questions, please rank each item on a scale of 0-5.**

**0 - Never    1 - Rarely    2 - Sometimes    3 - Often    4 - Regularly    5 - Always**

PHYSICAL WELLBEING—How often do you:	Rating Scale					
1. Eat a whole foods-based diet rich in colorful fruits and vegetables?	0	1	2	3	4	5
2. Drink enough water?	0	1	2	3	4	5
3. Exercise for more than 20 minutes?	0	1	2	3	4	5
4. Wake feeling refreshed from sleep?	0	1	2	3	4	5
5. Sleep at least 7 hours per night?	0	1	2	3	4	5
6. Make time to relax or nap?	0	1	2	3	4	5
7. Take time to breathe deeply throughout the day?	0	1	2	3	4	5
8. Engage in stress-reducing activities (excluding TV or screen time)?	0	1	2	3	4	5
9. Spend time in nature?	0	1	2	3	4	5
10. Feel nourished, healthy, and strong?	0	1	2	3	4	5
MENTAL/EMOTIONAL/SPIRITUAL WELLBEING—Do you:						
1. Make time to participate in things you enjoy?	0	1	2	3	4	5
2. Give and receive affection regularly?	0	1	2	3	4	5
3. Feel understood and valued by those who are close to you?	0	1	2	3	4	5
4. Feel gratitude on a daily basis?	0	1	2	3	4	5
5. Find meaning in life even during difficult times?	0	1	2	3	4	5
6. Take an interest in or find joy in the world around you?	0	1	2	3	4	5
7. Have hope that things will get better?	0	1	2	3	4	5
8. Express yourself creatively?	0	1	2	3	4	5
9. Treat yourself with kindness?	0	1	2	3	4	5
10. Remember to make your dreams and goals a priority?	0	1	2	3	4	5

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PROFESSIONAL LIFE/WORK/CAREER—Do you:	Rating Scale					
1. Hold a work position in an area of your interest?	0	1	2	3	4	5
2. Work in a position that matches your professional goals?	0	1	2	3	4	5
3. Find a sense of meaning and enjoyment in your work?	0	1	2	3	4	5
4. Empathize and connect with customers, clients, and work colleagues?	0	1	2	3	4	5
5. Have confidence in your ability to address challenges in your professional life?	0	1	2	3	4	5
6. Feel supported at work or in your professional life?	0	1	2	3	4	5
7. Have someone you can rely on if you need help or guidance?	0	1	2	3	4	5
8. Set limits at work, whether it be with clients or tasks?	0	1	2	3	4	5
9. Disengage and leave pressures behind at the end of the day?	0	1	2	3	4	5
10. Take vacation or holiday breaks to allow for some down time?	0	1	2	3	4	5
SOCIAL LIFE/FAMILY/RELATIONSHIPS—Do you:						
1. Have a dependable person who listens to you?	0	1	2	3	4	5
2. Have supportive family and friends close by?	0	1	2	3	4	5
3. Get enough social time with people who make you happy?	0	1	2	3	4	5
4. Participate in group activities with people who share a common interest?	0	1	2	3	4	5
5. Spend time with people who make you laugh?	0	1	2	3	4	5
6. Feel like your close relationships are loving and supportive?	0	1	2	3	4	5
7. Have the ability to comfortably say no?	0	1	2	3	4	5
8. Do something fun with family or friends at least once a week?	0	1	2	3	4	5
9. Feel like your personal life brings balance to your professional life?	0	1	2	3	4	5
10. Feel comfortable asking for help when you need it?	0	1	2	3	4	5

The higher the score, the better you may be at taking time for self-care and wellness in each aspect of your life.

Trying to improve your scores can help create more balance in your life.

Consider items on which you scored 3 or lower. How can you modify your behavior to improve your self-care practices? What goals might you need to set in order to make these changes?

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Based on **Transforming the Pain: A Workbook on Vicarious Traumatization.**

Saakvitne, Pearlman & Staff of TSI/CAAP. (1996).

