

Self-Check for Mindful Life-Saving*

Directions: Circle "0" for never, Circle "1" for seldom, Circle "2" for sometimes, Circle "3" for often, Circle "4" for usually, and circle "5" for always.

PART I.

When it comes to helping animals how often do you feel....

	Never	Seldom	Sometimes	Often	Usually	Always
it's easier to do the work yourself than to ask others	0	1	2	3	4	5
that well-intentioned helpers can really "mess things up"	0	1	2	3	4	5
time spent handling urgent issues gets in the way of new ideas	0	1	2	3	4	5
you must personally ensure that things are done right	0	1	2	3	4	5
doubt as to whether your efforts are making any difference at all	0	1	2	3	4	5

Part I Subscale Score: _____

PART II.

When it comes to helping animals how often do you feel...

that others are not doing their fair share	0	1	2	3	4	5
disappointed in the lack of support from other groups or individuals	0	1	2	3	4	5
frustrated and angry with the public and/or owners	0	1	2	3	4	5
that people expect you to do more than they do	0	1	2	3	4	5
let down by other "animal people"	0	1	2	3	4	5
that your disappointment with others depletes you	0	1	2	3	4	5

Part II Subscale Score: _____

Part III. When it comes to helping 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
significant emotional distress each day	0	1	2	3	4	5
you are neglecting your own needs	0	1	2	3	4	5
your work with animals takes a toll on your personal/family life	0	1	2	3	4	5

PART III: Subscale Score _____

Understanding the Results

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

Less than 20: Suggests that you are aware of the need to take care of yourself. You are experiencing minimal frustration with others.

21 to 65: Suggests that some of the current ways you react to stress in helping animals are contributing to feeling overwhelmed and frustrated with others.

66 to 90: Suggests that a stronger focus on self-care is needed to prevent burnout, to enhance individual and/or group effectiveness, and to restore the flow of joy in your work with animals.

Subscale Scores: A subscale score greater than 10 indicates that you may be reacting to stress with that depleting giving style and blocking the flow of compassion toward yourself and others.

Subscale I: The Controller Overcontrolling; trying to take charge and manage the actions of others

Subscale II: The Trader Frustrated; disappointed and angry when others do not act as expected or as they should

Subscale III: The Martyr Depleted; inadequate self-care and feelings of resentment toward others who are not helping when it is needed