

# Blocked care

## Self-assessment checklist

This is not a diagnostic tool, rather an opportunity to reflect on what aspects of care are feeling hard for you at the moment.

Please respond with one of the following numbers for each statement:

1—Never, 2—Rarely, 3—Sometimes, 4—Often, 5—Always.

Add up your responses to all 10 questions. Your total score will sit between 10 and 50.

Self-assessment checklist	
I'm too caught up in coping with my child's behaviour to be curious about the meaning behind it.	<input type="checkbox"/>
I feel defensive and guard myself from rejection.	<input type="checkbox"/>
I feel burned out, chronically overwhelmed, and fatigued.	<input type="checkbox"/>
I feel resentment toward one or more of my children or my situation as a whole. I may even regret kinship or fostering.	<input type="checkbox"/>
I feel irritable with other family and friends.	<input type="checkbox"/>
I isolate myself.	<input type="checkbox"/>
I'm cynical about helpful ideas.	<input type="checkbox"/>
I've lost compassion, which has led to shame.	<input type="checkbox"/>
I've experienced a crisis of faith or challenge of a personal belief system.	<input type="checkbox"/>
I don't feel real pleasure in caring.	<input type="checkbox"/>
<b>Total score</b>	<input type="checkbox"/>