

Dealing with yourself and others

Please indicate how often you perceive the following and fill it in the right column.

1 = a few times a year or less; 2 = once a month or less; 3 = a few times a month;
4 = once a week; 5 = a few times a week; 6 = every day

In dealing with the persons I am responsible to care for, I notice that...		How often? (1-6)
CDI1	... I simply must stop letting everything get to me to such an extent.	
CDI2	... I have to withdraw with increasing frequency to protect myself.	
CDI3	... their personal problems and worries often simply become too much for me.	
CDI4	... I often no longer have the patience to listen to them.	
CDI5	... I largely don't care what they think of me.	
CDI7	... I increasingly think how nice it would be to pack it all in	
CDI8	... some of them simply annoy me.	
CDI9	... I myself increasingly go short.	
CDI10	... I increasingly 'work to rule'.	