



The Vessel Check-In

A 5-minute self-assessment to gauge your clinical residue, vicarious trauma load, and burnout levels.



Rate each statement from 0–4 (Not at all true → Extremely true)

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|--|----------------------|
| 1. I find myself thinking about clients outside of session more than I'd like. | <input type="text"/> |
| 2. I feel emotionally depleted at the end of my workday. | <input type="text"/> |
| 3. I notice myself becoming less present or more distracted in sessions. | <input type="text"/> |
| 4. I feel a sense of heaviness or lingering emotion after client interactions. | <input type="text"/> |
| 5. I have less patience or emotional capacity in my personal life. | <input type="text"/> |
| 6. I feel responsible for my clients' outcomes beyond what feels appropriate. | <input type="text"/> |
| 7. I notice avoidance toward certain clients or topics. | <input type="text"/> |
| 8. I feel disconnected from the parts of this work that once felt meaningful. | <input type="text"/> |
| 9. I struggle to turn off "therapist mode" outside of work. | <input type="text"/> |
| 10. I feel physically fatigued in a way that rest doesn't fully resolve. | <input type="text"/> |

Scoring

0–10 → Grounded: You are holding your work with steadiness and maintaining emotional boundaries. Continue prioritizing the practices that support your regulation and presence.

11–20 → Carrying: You are beginning to carry residue from your work. This is a cue to intentionally process, slow down, and reconnect with your own internal space.

21–30 → Saturated: Your system is holding a significant amount of emotional material. Without intentional release and support, this can lead to burnout or disconnection.

31–40 → Overextended: Your capacity is exceeded. This is not a failure—it's a signal. Your system is asking for restoration, boundaries, and support.

Reflection Questions

1. What am I currently holding that is not mine to carry?
2. What would it look like to return to myself, even briefly, between sessions?
3. What support, structure, or boundary needs to shift to sustain this work long-term?

This check-in is not about judgment—it's about awareness.

Because the quality of your presence is shaped by the state of your vessel.