

Signs and Symptoms of Compassion Fatigue

BEHAVIORAL	COGNITIVE	EMOTIONAL
<input type="checkbox"/> Clingy <input type="checkbox"/> Impatient <input type="checkbox"/> Irritable <input type="checkbox"/> Withdrawn <input type="checkbox"/> Moody <input type="checkbox"/> Regression <input type="checkbox"/> Sleep disturbances <input type="checkbox"/> Appetite changes <input type="checkbox"/> Nightmares <input type="checkbox"/> Hypervigilance <input type="checkbox"/> Negative coping <input type="checkbox"/> Accident proneness <input type="checkbox"/> Losing things <input type="checkbox"/> Self-harm behaviors <input type="checkbox"/> Lowered frustration tolerance <input type="checkbox"/> Increased outbursts of anger or rage	<input type="checkbox"/> Diminished concentration <input type="checkbox"/> Confusion <input type="checkbox"/> Distracted/Feeling spacey <input type="checkbox"/> Loss of meaning <input type="checkbox"/> Decreased self-esteem <input type="checkbox"/> Preoccupation with trauma <input type="checkbox"/> Intrusive thoughts/images of clients' (or personal) situations/trauma <input type="checkbox"/> Apathy <input type="checkbox"/> Rigidity <input type="checkbox"/> Disorientation <input type="checkbox"/> Whirling thoughts <input type="checkbox"/> Thoughts of self-harm or harming others <input type="checkbox"/> Self-doubt <input type="checkbox"/> Perfectionism <input type="checkbox"/> Minimization	<input type="checkbox"/> Powerlessness <input type="checkbox"/> Anxiety <input type="checkbox"/> Guilt <input type="checkbox"/> Anger/Rage <input type="checkbox"/> Survivor guilt <input type="checkbox"/> Shutdown <input type="checkbox"/> Numbness <input type="checkbox"/> Fear <input type="checkbox"/> Helplessness <input type="checkbox"/> Sadness <input type="checkbox"/> Depression <input type="checkbox"/> Hypersensitivity <input type="checkbox"/> Emotional roller coaster <input type="checkbox"/> Overwhelmed <input type="checkbox"/> Depleted <input type="checkbox"/> Loss of hope

PHYSICAL	SPIRITUAL	INTERPERSONAL
<input type="checkbox"/> Rapid heartbeat <input type="checkbox"/> Breathing difficulties <input type="checkbox"/> Aches and pain <input type="checkbox"/> Dizziness <input type="checkbox"/> Impaired immune system <input type="checkbox"/> Headaches, stomachaches <input type="checkbox"/> Decreased feelings of work competence <input type="checkbox"/> Dread of working with certain clients <input type="checkbox"/> Increased transference/countertransference in work <input type="checkbox"/> Diminished sense of purpose/enjoyment with career	<input type="checkbox"/> Questioning the meaning of life <input type="checkbox"/> Loss of purpose <input type="checkbox"/> Lack of self-satisfaction <input type="checkbox"/> Pervasive hopelessness <input type="checkbox"/> Anger at God <input type="checkbox"/> Questioning prior religious beliefs	<input type="checkbox"/> Withdrawn <input type="checkbox"/> Decreased interest in intimacy or sex <input type="checkbox"/> Mistrust <input type="checkbox"/> Isolation from friends <input type="checkbox"/> Impact on parenting (protectiveness) <input type="checkbox"/> Projection of anger or blame <input type="checkbox"/> Intolerance <input type="checkbox"/> Loneliness <input type="checkbox"/> Lowered functioning in nonprofessional situations <input type="checkbox"/> Difficulty separating work from personal life