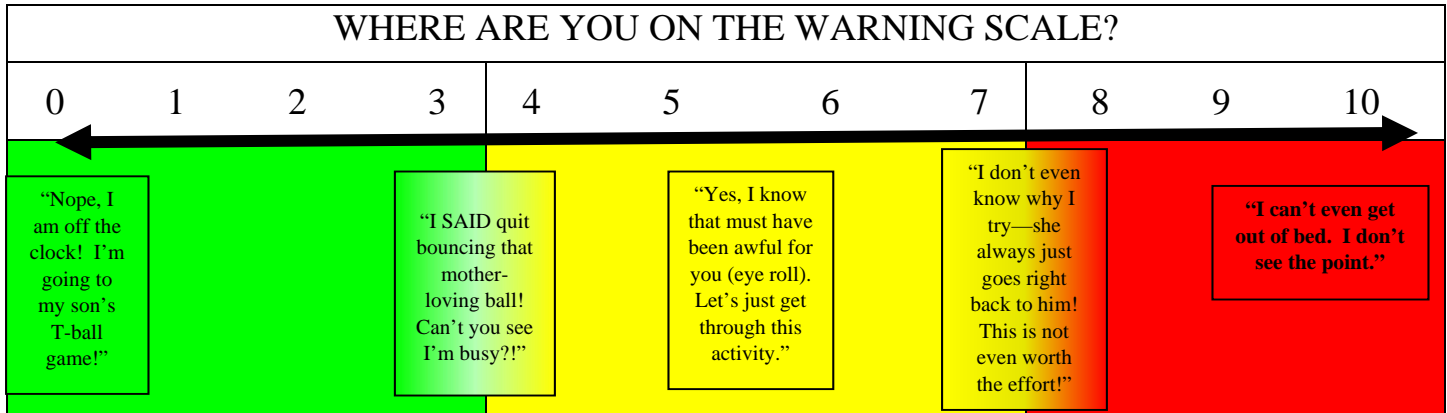


Compassion Fatigue Signs and Symptoms



1. **Anger and irritability**
2. **Chronic exhaustion**
3. **Physical ailments** (neck/back/shoulder pain, gastrointestinal issues, headaches/migraines), **increased susceptibility to illness**
4. **Insomnia** (can’t fall or stay asleep) **or Hypersomnia** (can’t seem to wake up)
5. **Hypervigilance** (always “on;” like a law enforcement officer that always sits with their backs to the wall with a clear view of the door)
6. **Hypochondria** (hyper-vigilance about potential physical ailments, like thinking every bruise on a child is suspicious)
7. **Addictions** (distract us from pain or discomfort; drugs, alcohol, TV, video games, shopping, sex, food)
8. **Excessive Absenteeism and/or Attrition** (excessive absences, not showing up to work or quitting)
9. **Exaggerated sense of responsibility** (my work can’t afford me to be gone)
10. **Helplessness or Hopelessness** (sense that you can never do enough, or it won’t make any difference)
11. **Loss of Compassion/Inability to Listen/Deliberate Avoidance** (lose compassion—eye rolling, labelling or comparing clients; inability to attend to the experiences/stories from clients, and instead redirect to something less distressing for you by changing the subject, avoiding the topic, providing pat answers, minimizing client distress, using humor to change or minimize the subject)
12. **Problems in personal relationships or Distancing** (avoiding friends or family because “you just can’t deal with them right now,” not spending time with colleagues at lunch or breaks, becoming increasingly isolated. You don’t have the patience, energy or interest in spending time with others)
13. **Negative self-image** (start feeling professionally incompetent, or personally unlikeable “Am I any good at this job?” “Why does my husband stay with me?”)
14. **Inability to empathize, Numbing, Dissociative moments** (feeling numb, not recognizing pain in others, disconnect in order to guard against something overwhelming)
15. **Cynicism and embitterment** (“It must be nice...”; the new girl who’s still enthusiastic or in the “I’m gonna change the world” phase drives you crazy)
16. **Dread of working with certain clients**
17. **Fear** (disruption of world view, heightened anxiety or irrational fears; feeling your own vulnerability)
18. **Guilt** (getting caught up in the disparity between our life and the life of our clients; unable to take time off, or be fully present to joy)
19. **A Sense of Persecution** (blaming others; others are responsible for our well-being: “It’s not my fault! She’s the one who...”)
20. **Difficulty separating personal and professional lives** (blurring boundaries)
21. **Failure to nurture and develop non-work-related aspects of life**

