

COMPASSION FATIGUE SYMPTOMS CHECKLIST

Physical Symptoms

- I have had increased absenteeism “sick days”
- I have been feeling physically ill
- I have been feeling fatigued
- I have been feeling keyed-up and nervous
- I am doing less rather than more exercise
- Normal sleep has been difficult for me
- I have lost enjoyment in intimate and sexual activities

Psychological Symptoms

- I have noticed myself being more cynical and pessimistic
- I noticed that I was trying to avoid feelings by numbing or shutting down
- I have had work-related nightmares/bad dreams
- I have lost interest and enjoyment in activities
- I have difficulty in making decisions or making poor decisions
- I feel like I have lost some of my self esteem

Emotional Symptoms

- I have anger directed toward my supervisors or co-workers
- I have been feeling flat, depressed, and hopeless more than I used to
- I have been more angry and irritable than normal
- I have moments of dread when thinking about going to work
- I am having trouble finding hope
- I am less connected to my spiritual and religious beliefs than I used to be
- I have felt overwhelmed more than three times

Spiritual Symptoms

- I have been avoiding spending time with my friends and family
- I fear for the safety of myself and my loved ones
- I have engaged less rather than more in activities that used to bring me pleasure
- I have had a lack of time for self
- I find it difficult to trust others

- I have feelings of despair and hopelessness

Professional Symptoms

- I have been unable to get work or something specific to work out of my head
- I have had unwanted memories popup in my head of past events from work
- My productivity at work has been reduced
- I have felt like quitting my job more than once
- I find paperwork and menial tasks getting in the way of my enjoyment of work