

Compassion Fatigue Reflection Questions

Who depends on me to meet their physical needs? List the names here:

Who depends on me to meet their emotional needs? List the names here:

Who do I spend the most time with? List the names here:

Once you've listed the people, consider if they drain or energize you. On a scale of 1-10, with one being a total drain on your battery and ten being a HUGE jolt of energy, how do you feel around each of them? Write the number next to each name.

Circle any symptoms you are currently experiencing. This is not to diagnose anything, but to give you an idea of how you are doing right now.

Common Symptoms of Burnout and Compassion Fatigue:

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|----------------------------------|---------------------------|
| *Trouble sleeping | *Feelings of failure |
| *Chronic fatigue | *Feeling helpless |
| *Headaches | *Isolating |
| *Eating too much or too little | *Sadness/depression |
| *Feeling under the weather often | *Anxiousness |
| *Stomach pains | *Trouble focusing |
| *Loss of motivation | *Trouble making decisions |
| *Feeling hopeless | *Avoiding work |
| *Irritability or anger | *Trouble finding joy |

Are you experiencing any other symptoms that bother you?

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Daily Demands Assessment:

Daily tasks:(examples: cooking, working, caring for children, laundry, shopping, etc. What is something you do MOST days?)	Am I capable of doing this?	Does it bring me satisfaction?

References:

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