

Compassion Fatigue Symptom Examples

Emotional	Behavioral	Spiritual	Personal Relationships	Physical/Somatic	Work Performance
Powerlessness	Impatient	Questioning the meaning of life	Withdrawal	Elevated startle response	Low morale
Anxiety	Moody/ Irritable	Loss of purpose	Decreased interest in intimacy or sex	Sweating	Low motivation
Guilt	Withdrawn	Lack of self-satisfaction	Mistrust	Rapid heartbeat	Avoiding tasks
Anger/Rage	Sleep disturbance	Pervasive hopelessness	Isolation from others	Breathing difficulties	Obsession about details
Survivor Guilt	Accident proneness	Anger at God	Overprotective as a parent	Aches & pains	Apathy
Numbness	Losing things	Negative world view	Projection of anger or blame	Muscle tension	Negativity
Fear	Difficulty concentrating	Loss of faith in a higher power	Intolerance	Appetite changes	Feeling unappreciated
Resentment	Rigidity	Greater skepticism about religion	Loneliness	Dizziness	Detachment
Helplessness	Addictions	Thoughts of self-harm or harm to others	Increased interpersonal conflicts	Fatigue	Poor work communication
Sadness	Perfectionism	Over-exaggerated sense of responsibility	Lack of empathy	Digestive problems	Staff conflicts
Depression	Minimization		Self-criticism/judgment	Impaired immune system	Absenteeism
Emotional roller coaster	Invasive thoughts			Increased number and intensity of medical problems	Exhaustion
Depleted	Thoughts of self-harm or harm to others			Hypervigilance	Irritability
Overly sensitive	Over-exaggerated sense of responsibility				Withdrawal from colleagues
Low self-esteem					