

## **Signs of Compassion Fatigue and Burnout.**

Instructions: Put a “CF” beside signs of compassion Fatigue, and a “B” beside signs of burnout. Write at least 2 other signs of burnout or compassion fatigue not listed.

- Chronic physical exhaustion
- Emotional exhaustion
- Having troubling images of things described to you pop into your mind
- Avoiding reminders of difficult events you’ve heard about from clients
- Irritability
- Difficulty sleeping
- Poor job satisfaction
- Negative thoughts
- Feelings of hopelessness
- Being forgetful
- Cynicism
- Feeling ineffective/lack of accomplishment
- Depression
- Anxiety
- Increased alcohol and drug use
- OTHERS: \_\_\_\_\_