

Chart 2: Examples of Compassion Fatigue Burnout Symptoms

Cognitive	Emotional	Behavioral	Spiritual	Personal Relationships	Physical/Somatic	Work Performance
Lowered concentration	Powerlessness	Impatient	Questioning the meaning of life	Withdrawal	Shock	Low morale
Decreased self-esteem	Anxiety	Irritable	Loss of purpose	Decreased interest in intimacy or sex	Sweating	Low motivation
Apathy	Guilt	Withdrawn	Lack of self-satisfaction	Mistrust	Rapid heartbeat	Avoiding tasks
Rigidity	Anger/rage	Moody	Pervasive hopelessness	Isolation from others	Breathing difficulties	Obsession about details
Disorientation	Survivor guilt	Regression	Anger at God	Over protection as a parent	Aches and pains	Apathy
Perfectionism	Shutdown	Sleep disturbance	Questioning of prior religious beliefs	Projection of anger or blame	Dizziness	Negativity
Minimization	Numbness	Nightmares	Loss of faith in a higher power	Intolerance	Increased number and intensity of medical maladies	Lack of appreciation
Preoccupation with trauma	Fear	Appetite changes	Greater skepticism about religion	Loneliness	Other somatic complaints	Detachment
Thoughts of self-harm or harm to others	Helplessness	Hypervigilance		Increased interpersonal conflicts	Impaired immune system	Poor work comm.
	Sadness	Elevated startle response				Staff conflicts
	Depression	Accident proneness				Absenteeism
	Emotional roller coaster	Losing things				Exhaustion
	Depleted					Irritability
	Overly sensitive					Withdrawal from colleagues

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