

ARE YOU EXPERIENCING VICARIOUS TRAUMA?

Are you...

*...experiencing unexpectedly disturbing memories of another's traumatic event? **Y/N***

*...experiencing dreams or nightmares related to another's traumatic event? **Y/N***

*...becoming emotionally numb to incidents or patients where you feel you shouldn't be? **Y/N***

*...avoiding thoughts or feelings associated with another's traumatic event? **Y/N***

*...no longer participating in the activities you once enjoyed? **Y/N***

*...finding it more difficult to concentrate? **Y/N***

*...finding it more difficult setting boundaries or separating work from personal life? **Y/N***

*...finding it hard to relax? **Y/N***

*...having a difficult time falling or staying asleep? **Y/N***

*...feeling that you are having a more difficult time controlling your emotions? **Y/N***

*...using drugs or alcohol as an escape? **Y/N***

Vicarious trauma comes from listening to traumatic events that happened to others which you find very distressing. If you answered yes to 4 or more questions, you may be experiencing Vicarious Trauma.

It is recommended that you seek out a mental health professional to receive a formal evaluation.

When these conditions remain unresolved over an extended period of time, this condition may lead to Compassion Fatigue (CF). CF is a contributing factor to alcoholism and drug abuse, marital and relationship problems, career problems, feelings of depression, and even suicide.

Though CF may be debilitating to an individual, with the right help, CF may not be a permanent condition and recovery may be possible.

For further information about Vicarious Trauma and recovering from CF, please contact SC4I.



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