

# ARE YOU EXPERIENCING COMPASSION FATIGUE?

## *Are You ...*

*...experiencing unexpectedly disturbing memories of a traumatic event? **Y/N***

*...experiencing dreams or nightmares related to a traumatic event? **Y/N***

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

*...avoiding thoughts or feelings associated with a 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 hard to relax? **Y/N***

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

*...quick to anger or lash out more than normal? **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***

Compassion Fatigue (CF) is typically what happens from secondary traumatic stress or vicarious trauma. This trauma is very subtle yet insidious and is the kind that comes from the sheer act of being compassionate.

First Responders give of themselves incessantly, and frequently thanklessly, and eventually can become fatigued from the constant giving. This accumulates over time to the point where the compassion wounds the soul too much, and the First Responder develops CF. Its signs and symptoms are similar to PTSD.

If you answered yes to 4 or more questions, you may be experiencing Compassion Fatigue. It is recommended that you seek out a mental health professional to receive a formal evaluation.

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 CF and recovering from CF, please contact SC4I.



**Status: Code 4, Inc**

5585 Erindale Dr., Ste 107  
Colorado Springs, CO 80918  
(719) 822-3387  
[www.sc4i.org](http://www.sc4i.org)