

## COMPASSION FATIGUE TRAJECTORY

What are some of the physiological, mental, emotional and spiritual signs that you experience in each of the following phases in both your personal and professional life?

Zealot phase: Lots of excitement, enthusiasm, volunteering, commitment and going the extra mile.

How do I know I am in the phase? \_\_\_\_\_

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Irritability phase: Beginning to cut corners, distracted, difficulty concentrating in sessions, mocking clients, not present during sessions, distancing self from people.

How do I know I am in this phase? \_\_\_\_\_

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Withdrawal Phase: Tired all the time, clients become a blur, constant complaints about work and personal life, neglecting family friends co-workers clients and self.

How do I know I am in this phase? \_\_\_\_\_

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Zombie Phase: Auto pilot, lost compassion for clients, disconnected, hear but do not understand, lost value as helpers.

How do I know I am in this phase? \_\_\_\_\_

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Burnout: Overwhelmed, leaving profession, somatic illness

How do I know I am in this phase? \_\_\_\_\_

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Personal Growth: Hardiness, Resilience, Personal Growth

How do I know I am in this phase? \_\_\_\_\_

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