

SECONDARY TRAUMATIC STRESS SYMPTOMS

Review the table below and circle any symptoms that you currently feel in your personal or professional life.

Cognitive	Emotional	Behavioral	Physical	Interpersonal	Spiritual
Diminished concentration	Powerlessness	Impatient	Exhaustion	Withdrawn	Questioning the meaning of life
Confusion	Anxiousness/Worry	Irritable	Lethargy	Isolation from friends	Loss of purpose
Loss of meaning	Exhaustion	Hypervigilant	Headaches or other pain	Decreased interest in sex	Loss of hope
Perfectionism	Guilt or Survivor Guilt	Increased use of alcohol/drugs	Insomnia or Hypersomnia	Mistrust	Lack of self-satisfaction
Preoccupation with trauma	Anger/Rage	Other addictions	Anxiety	Impact on parenting	Anger at God
Trauma images	Hypersensitivity	Appetite changes	GI distress	Projection of anger or blame	Questioning prior faith-based beliefs
Apathy	Numbness	Nightmares	Autoimmune flare ups	Intolerance	Decreased spiritual practices
Minimization	Fear	Attrition	Weight gain or weight loss	Loneliness	
Racing thoughts	Helplessness	Absenteeism	Somatization/hypochondria	Hypersensitivity	
Cynicism	Sadness	Impaired decision-making	Increased illness	Resentment	
Diminished enjoyment of career	Hopelessness	Hyper sense of responsibility			
	Reduced ability to feel sympathy or empathy	Avoidance of clients			