

Compassion Fatigue Worksheet

Compassion fatigue is defined as a state of physical and mental exhaustion which results in a depleted ability to cope with one's everyday environment.

We all have compassion fatigue triggers. Those triggers are things that make you feel mentally, emotionally, or physically overwhelmed. It is helpful to identify some of your triggers so that you can be aware when you begin to feel overwhelmed.

What are your compassion fatigue triggers?

Compassion satisfaction is the positive feelings and sense of accomplishment or fulfillment in providing for the needs of others and in the work that you do. We all have compassion satisfaction triggers.

What are your compassion satisfaction triggers?

Professional purpose is the real, over-reaching reason you do the work you do. Remembering your purpose can help combat compassion fatigue as it grounds you in the good work you.

What is your professional purpose?

I am feeling _____. What can I do about it now?

Ask yourself these questions:

1. What is the problem? Identify the problem (I feel irritable, sad, tired...)
2. Dig deeper: What is the core issue? (fear, grief, etc.)
3. What can I do about it **now**? Find something that you can do NOW.