

Table 1. The Personal Impact of Secondary Traumatic Stress					
<u>Cognitive</u> <ul style="list-style-type: none"> • Diminished concentration • Confusion • Spaciness • Loss of meaning • Decreased self-esteem • Preoccupation with trauma • Trauma imagery • Apathy • Rigidity • Disorientation • Whirling thoughts • Thoughts of self-harm or harm toward others • Self-doubt • Perfectionism • Minimization 	<u>Emotional</u> <ul style="list-style-type: none"> • Powerlessness • Anxiety • Guilt • Anger/rage • Survivor guilt • Shutdown • Numbness • Fear • Helplessness • Sadness • Depression • Hypersensitivity • Emotional roller coaster • Overwhelmed • Depleted 	<u>Behavioral</u> <ul style="list-style-type: none"> • Clingy • Impatient • Irritable • Withdrawn • Moody • Regression • Sleep disturbances • Appetite changes • Nightmares • Hypervigilance • Elevated startle response • Use of negative coping (smoking; alcohol or other substance abuse) • Accident proneness • Losing things • Self-harm behaviors 	<u>Spiritual</u> <ul style="list-style-type: none"> • Questioning the meaning of life • Loss of purpose • Lack of self-satisfaction • Pervasive hopelessness • Ennui • Anger at God • Questioning of prior religious beliefs 	<u>Interpersonal</u> <ul style="list-style-type: none"> • Withdrawn • Decreased interest in intimacy or sex • Mistrust • Isolation from friends • Impact on parenting (protectiveness, concern about aggression) • Projection of anger or blame • Intolerance • Loneliness 	<u>Physical</u> <ul style="list-style-type: none"> • Shock • Sweating • Rapid heartbeat • Breathing difficulties • Somatic reactions • Aches and pains • Dizziness • Impaired immune system

Janet Yassen, "Preventing Secondary Traumatic Stress Disorder," from *Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized*. Charles Figley, Ph.D., ed. Routledge. 1995. (Table 1, Chapter 9, "The Personal Impact of Secondary Traumatic Stress.")