

# Stress Reaction Inventory

Assessing the impact of compassion fatigue, burnout and secondary traumatic stress

**Instructions:** Place a checkmark next to each of the items below that you have experienced in the past two months, even if it seems unrelated to work.

<u><b>Cognitive</b></u>	<u><b>Emotional</b></u>	<u><b>Behavioral</b></u>	<u><b>Spiritual</b></u>	<u><b>Interpersonal</b></u>	<u><b>Physical</b></u>
<input type="checkbox"/> Diminished concentration	<input type="checkbox"/> Powerlessness	<input type="checkbox"/> Impatient	<input type="checkbox"/> Questioning the meaning of life	<input type="checkbox"/> Withdrawal	<input type="checkbox"/> Shock
<input type="checkbox"/> Confusion	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Clingy	<input type="checkbox"/> Loss of purpose	<input type="checkbox"/> Decreased interest in intimacy or sex	<input type="checkbox"/> Sweating
<input type="checkbox"/> Spaciness	<input type="checkbox"/> Guilt	<input type="checkbox"/> Irritable	<input type="checkbox"/> Lack of self-satisfaction	<input type="checkbox"/> Mistrust	<input type="checkbox"/> Rapid heartbeat
<input type="checkbox"/> Loss of meaning	<input type="checkbox"/> Anger/rage	<input type="checkbox"/> Withdrawn	<input type="checkbox"/> Pervasive hopelessness	<input type="checkbox"/> Isolation from friends	<input type="checkbox"/> Breathing difficulties
<input type="checkbox"/> Decreased self-esteem	<input type="checkbox"/> Survivor guilt	<input type="checkbox"/> Moody	<input type="checkbox"/> Boredom/ennui	<input type="checkbox"/> Impact on parenting (protectiveness, concern about aggression)	<input type="checkbox"/> Aches and pains
<input type="checkbox"/> Preoccupation with trauma	<input type="checkbox"/> Shutdown	<input type="checkbox"/> Regression	<input type="checkbox"/> Anger at God	<input type="checkbox"/> Projection of anger or blame	<input type="checkbox"/> Dizziness
<input type="checkbox"/> Trauma imagery	<input type="checkbox"/> Numbness	<input type="checkbox"/> Sleep disturbances	<input type="checkbox"/> Questioning of prior religious beliefs	<input type="checkbox"/> Intolerance	<input type="checkbox"/> Increased number and intensity of medical ailments
<input type="checkbox"/> Apathy	<input type="checkbox"/> Fear	<input type="checkbox"/> Appetite changes	<input type="checkbox"/> Despair about the pervasiveness of cruelty	<input type="checkbox"/> Loneliness	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Rigidity	<input type="checkbox"/> Helplessness	<input type="checkbox"/> Nightmares	<input type="checkbox"/> Loss of faith in a higher power	<input type="checkbox"/> Increased interpersonal conflicts	<input type="checkbox"/> Nausea
<input type="checkbox"/> Disorientation	<input type="checkbox"/> Sadness	<input type="checkbox"/> Hypervigilance	<input type="checkbox"/> Greater skepticism about religion		<input type="checkbox"/> Muscle tremors
<input type="checkbox"/> Thoughts of self-harm or harm to others	<input type="checkbox"/> Depression	<input type="checkbox"/> Elevated startle response			<input type="checkbox"/> Twitches
<input type="checkbox"/> Self-doubt	<input type="checkbox"/> Hypersensitivity	<input type="checkbox"/> Use of negative coping (smoking; alcohol or other substance misuse)			<input type="checkbox"/> Chest pain
<input type="checkbox"/> Perfectionism	<input type="checkbox"/> Emotional roller coaster	<input type="checkbox"/> Accident proneness			<input type="checkbox"/> Elevated blood pressure
<input type="checkbox"/> Minimization	<input type="checkbox"/> Overwhelmed	<input type="checkbox"/> Losing things			<input type="checkbox"/> Thirst
<input type="checkbox"/> Blaming others	<input type="checkbox"/> Depleted	<input type="checkbox"/> Self-harm behaviors			<input type="checkbox"/> Headaches
<input type="checkbox"/> Poor decisions	<input type="checkbox"/> Grief	<input type="checkbox"/> Inability to rest			<input type="checkbox"/> Visual difficulties
<input type="checkbox"/> Poor abstract thinking	<input type="checkbox"/> Denial				<input type="checkbox"/> Vomiting
<input type="checkbox"/> Memory problems	<input type="checkbox"/> Severe panic				<input type="checkbox"/> Chills
<input type="checkbox"/> Heightened or lowered alertness	<input type="checkbox"/> Loss of emotional control				<input type="checkbox"/> Fainting
	<input type="checkbox"/> Inappropriate emotional response				<input type="checkbox"/> Grinding of teeth
	<input type="checkbox"/> Apprehension				

Information adapted from the following sources: "Preventing Secondary Traumatic Stress Disorder" by J.Yassen in Compassion Fatigue (1995); "Examples of Compassion Fatigue Burnout Symptoms" (Internet 1999); Critical Incidents Stress Management Training handout (1996).