

# 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>Cognitive</u>   | <u>Emotional</u>  | <u>Behavioral</u>  | <u>Spiritual</u>  | <u>Interpersonal</u>  | <u>Physical</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 Withdrawn   | 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).