# My Compassion Fatigue Map

Notice the cost of caring, name the kind of strain, and see what still fills your cup.

**Name:** _____ **Date:** _____

## 1 What I have noticed, over the last month

Tick one box per row. Not a test and not a score, just a starting point

| What I notice | Rarely | Sometimes | Often |
|---|---|---|---|
| Worn out by my caseload or the system around it | ☐ | ☐ | ☐ |
| Like my effort makes little difference | ☐ | ☐ | ☐ |
| A client's story replays in my mind uninvited | ☐ | ☐ | ☐ |
| On edge, or avoiding reminders of what I heard | ☐ | ☐ | ☐ |
| My sense of safety or trust in people has shifted | ☐ | ☐ | ☐ |
| Still finding meaning and pleasure in helping | ☐ | ☐ | ☐ |

## 2 Which kind of strain is it?

They overlap. Tick the one that fits best right now and write one example

☐ **Worn down**

**Burnout**

Builds slowly. Workload, little support, a system that blocks good work.

**My example:**

_____

_____

☐ **Carrying their stories**

**Secondary traumatic stress**

Can come on fast, often after one case. Images, avoidance, feeling on edge.

**My example:**

_____

_____

☐ **Changed beliefs**

**Vicarious trauma**

Slow shifts in how I see safety, trust, control, others and myself.

**My example:**

_____

_____

## 3 My exposure week

Heavier trauma caseloads carry more risk. Notice yours

| Day | Hard stories heard (tally) | Heaviest moment | Talked it through? | Switched off after? |
|---|---|---|---|---|
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thu | | | | |
| Fri | | | | |

## 4 My early warning signs

Tick the ones that show up first for you

- ☐ Dreading certain sessions
- ☐ Avoiding news or reminders
- ☐ Numb with clients
- ☐ More suspicious of people
- ☐ Cases on my mind at night
- ☐ More drink or scrolling
- ☐ Snapping at home
- ☐ Pulling away from colleagues

## 5 What still fills my cup

Compassion satisfaction: the good side of caring

**A moment this month the work felt worth it:** _____

**What I do well in this work:** _____

**People who get it:** _____

**How I will protect this, this week:** _____

_____

Original layout by Lotus & Tulip. A reflection and planning tool, not a test, a diagnosis or medical advice.

# My Care for the Carer Plan

Change the load, share the weight, leave the work at work, and restore.

**Name:** _____ **Date:** _____

## 1 Change the load

One change to caseload, scheduling or exposure. Keep the first step small

| What I will change | First step | When |
|---|---|---|
| | | |
| | | |
| | | |

## 2 Share the weight

Support at work and outside it is linked with less secondary stress

**Supervision or peer consultation, with whom and when:** _____

**After a hard session, I will talk to:** _____

**Outside work, someone I can just be with:** _____

## 3 Leave the work at work

A short ritual that marks the end of the helping day

**When I close my notes**

**On the way home**

**My first 30 minutes home**

## 4 My restore menu

Two small ideas for each. Doable this week

**Body: sleep, movement, food**

**Connection: people outside the work**

**Meaning and joy: what I love**

**Switch off: time with no helping**

## For therapists and helpers

1. Not a test or a diagnosis. Compassion fatigue overlaps with burnout, depression and PTSD. This page is not the ProQOL.
2. It is a known cost of caring, not a sign you are bad at the work. Bring it to supervision early.
3. Look at the load as well as the person: caseload mix, support and time to recover matter.
4. If intrusive images, low mood or numbness last most days for two weeks or more, talk to a clinician.

**If you are thinking about suicide or feel unsafe, in the US call or text 988 now.**

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