

### Signs and Symptoms of Secondary Traumatization

- Fatigue, loss of energy, taking greater amounts of time to complete the same amount of work, loss of efficiency
- Sadness, depression, withdrawal from others or from activities
- Apathy, indifference, emotional numbness, inability to have strong feelings, “tuning out” while listening to traumatic stories
- Forgetfulness, confusion, difficulty making decisions, difficulty concentrating
- Cynicism, discouragement, loss of compassion, loss of faith/trust in humanity, use of negative stereotypes to form quick judgments
- Demoralization, disillusionment, loss of faith in beliefs that previously gave meaning to life (e.g., religious beliefs), grief, despair
- Difficulty containing your emotions, loss of emotional control, strong emotional reactions to minor events
- Loss of creativity, loss of problem-solving skills
- Loss of sense of humor or playfulness, loss of capacity to feel joy
- Feelings of helplessness, hopelessness, lack of control over your life and future
- Feeling alone, isolated, alienated; feeling like others cannot understand you
- Irritability, intolerance, anger and rage
- Disbelief and denial of others’ experiences, especially traumas
- Guilt for having survived trauma or having an “easier” life than others, holding unrealistically high expectations of yourself, denying or downplaying your own pain and/or difficulties
- Preoccupation with safety of self and loved ones, increased sensitivity to violence
- Nightmares, intrusion of violent images into your daily thoughts or activities (“can’t get it out of your head”)
- Sleep disturbances, exaggerated startle response, difficulty relaxing
- Physical complaints: headaches, abdominal discomfort, diarrhea, joint pain, muscle aches or tension, frequent illness