**THE PERSONAL IMPACT OF SECONDARY TRAUMATIC STRESS**

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| **COGNITIVE** | **EMOTIONAL** | **BEHAVIORAL** | **SPIRITUAL** | **INTER-PERSONAL** | **PHYSICAL** |
| Diminished concentration | Powerlessness | Clingy | Questioning life’s meaning | Withdrawal | Shock |
| Confusion | Anxiety | Impatient | Loss of purpose | Decreased intimacy | Sweating |
| Spaciness | Guilt | Withdrawal | Lack of self-satisfaction | Mistrust | Rapid heartbeat |
| Loss of meaning | Survivor guilt | Sleep disturbances | Pervasive hopelessness | Isolation from friends | Breathing difficulties |
| Decreased self-esteem | Shut down | Change in appetite | Anger at God | Impact on parenting | Somatic reactions |
| Preoccupation with trauma | Numbness | Nightmares | Questioning of religious beliefs | Projection of anger or blame | Aches and pains |
| Apathy | Fear | Hypervigilance | Listlessness & dissatisfaction | Intolerance | Dizziness |
| Rigidity | Helplessness | Elevated startle response |  | Loneliness | Compromised immune system |
| Disorientation | Sadness | Use of negative coping |  | Poor communication | Exhaustion |
| Whirling thoughts | Anger | Accident proneness |  |  |  |
| Self-doubt | Depression | Losing things |  |  |  |
| Perfectionism | Hypersensitivity | Decreased quality or quantity work |  |  |  |
| Minimization | Emotional roller coaster | Avoidance |  |  |  |
|  | Overwhelmed | Absenteeism & tardiness |  |  |  |
|  | Depleted | Irritable |  |  |  |
|  | Decreased confidence |  |  |  |  |
|  | Detached |  |  |  |  |