

My Warning Signs and Symptoms of STS

Review the statements below and mark which ones you have recognized in yourself at one time or another:

- Avoiding contact with a specific client or type of client
- Preoccupation with client story
- Thinking about a client at random times
- Having nightmares about clients and/or their trauma
- Replaying an interaction with a client in my head over and over again
- Feeling jittery and/or jumping when I hear noises
- Not wanting to talk to anyone
- Feeling like I don't have anyone to talk to
- Worrying about my clients
- Having thoughts of getting revenge
- Imagining the worst about people that I see out in public
- Feeling depressed
- Feeling hopeless
- Having trouble sleeping
- Expecting bad things to happen
- Feeling annoyed
- Forgetting things about current clients
- Reminders of work are upsetting
- _____
- _____
- _____
- _____