

# Building Resilience: Vicarious Trauma Worksheet

Answer the following questions to the best of your ability!

1 When I begin to feel the symptoms of vicarious trauma, I experience the following:

**Body Sensations:**

**Changes in thought or perception:**

**Emotions and intensity:**

**Behaviors, actions, or inaction:**

2 The ways I regenerate energy and compassion include:

3 The people in my support system include:

4 The things I do daily to maintain positive functioning and adaptive professional coping include:

5 After this session, I will: