

## Secondary Trauma Self-Assessment Questions

---

*These questions are for the purpose of self-reflection to determine how you may be impacted by secondary trauma from your work setting. Reflect on each question and write from two to five sentences in response to each. These will be used to determine an STG intervention that will be useful to you.*

- 1. Do you ever have pre-occupation with the content of your work after your workday is over?**
- 2. Do you notice uncharacteristically strong emotional states that seem either directly or indirectly connected to your work?**
- 3. Have you experienced a diminishment in forms of physical functioning (including, but not limited to fatigue, increase in anxiety and activation, inability to rest or state shift)?**
- 4. Have you noticed an increase in conflict with the administrative system that you work within?**
- 5. Have you observed an increase in the use of cynicism or dark humor to reflect on your work?**

