Secondary Trauma Spiral

“I notice…”

**Ongoing Distress**
- Difficulty separating work life from personal life
- Memory issues
- Dreams/nightmares of event or narrative
- Drug use
- Increased alcohol use
- Being argumentative
- Fearing for safety of self and significant others

**Physical & Emotional Symptoms**
- Loss of appetite
- Nausea, diarrhea
- Fatigue
- Fearing for safety of self
- Fearing for safety of family and significant others
- Hypervigilance
- Avoidance of situations which are reminders of event or narrative
- Dbacil, shaking, or holding of breath
- Change in heart rate
- Headaches/Migraines
- Oversimplification of social world – seeing things as only black or white
- Thoughts of leaving the population or profession
- Shift in level of confidence in professional life
- “I am not as good as I used to be.”
- Thoughts of the world as an unjust or a dangerous place
- Thoughts that people can’t be trusted

**Initial Reactions**
- Feelings of anger, fear, irritability, loss
- Post-Traumatic Shame
- Loss of appetite
- Shock

**Secondary Trauma Exposure**
- Others have noticed a change in emotional state
- Shame
- Difficulty falling asleep and/or staying asleep
- Ruminating and/or racing thoughts
- Remembering images of event or parts of narrative/flashback
- Possible memory of personal trauma (childhood or adult)

**Secondary Trauma Spiral**

“I notice…”