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# SELF-REPORT HANDOUT

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	<b>Before</b>	<b>After</b>
Sleep		
Eating		
Moving/exercise		
Mindfulness/ breathing		
Family/friends		
Spiritual time		
Self-expression/ recreation		

Examples of Daily Signs of Vicarious Trauma: Law Student Interns and Attorneys reported that they...

- Stop watching or reading the news;
- Wonder how they can carry on with their daily lives when their clients' lives have been completely disrupted by trauma;
- Stop exercising (or over-exercise);
- Stop going out with their friends or socializing as they used to;
- Consider a different, "more detached" career path;
- Worry (excessively and more than before) about low-likelihood events (such as plane crashes, violence, etc.);
- Feel sad, depressed or otherwise out of sorts;
- Are unable to feel anything, or feel like a robot;
- Have trouble sleeping or staying asleep;
- Watch much more television than before;
- Feel numb and end up mindlessly playing video games for hours at a time;
- Avoid television shows and movies that depict violence or feel increasingly stressed by displays of fictitious violence when they do see them;
- Neglect other hobbies or things they do to care for themselves;
- Drink alcohol when feeling overwhelmed;
- Feel distant from or angry at their loved ones, especially feeling like they can't understand what's going on;
- Have more dreams and/or nightmares, feel like they can't 'shut off' their brain;
- Are afraid of things happening to their loved ones;
- Use drugs to escape, stay awake, or feel better;
- Feel a low but constant state of anxiety;
- Feel uncharacteristically impatient with their colleagues and friends.