DO ANY OF THESE SOUND FAMILIAR TO YOU?

- Have you asked yourself why you get out of bed in the morning?

- Do you feel bone tired all the time?

- Have you asked yourself "Am I making an impact?"

- Are you emotionally present when not working?

- Do you feel like you were responsible for a bad situation?

- Are you addicted to food, alcohol, or drugs?

- Do you feel like when you have time off that you have to hurry up and relax?

- Do you commit to projects that you should probably say no to?

- Do you feel like you can never get away from work?

- Do you want everything to be either black or white?

- Do you experience back pain, migraines, aches, depression, and/or high blood pressure?

- Have you ever felt like you could never work hard enough?

- Do you have less reaction to traumatic events than the average person?

- Do you ever feel like situations repeat over and over again?

- Do you automatically want to say no to everything?

- Do you feel angry at clients, organizations or the systems we work in?

- Do you feel numb when talking with a client who is talking about a significant event?

- Do you view things differently in the world than people who don’t work in your profession?

- Do you leave your voicemail full?

- Have you felt like you could never do enough?

- Do you feel like you crave structure?

- Do you feel like you shouldn’t experience happiness in your life because you know that there are people in the world suffering?

- Do you ever see a client’s problem as so minimal you don’t know why they are here?

- Have you found yourself doing something that you don’t remember doing?

- IF YOU HAVE SAID YES TO ANY OF THESE, YOU MAY BE HAVING A TRAUMA EXPOSURE RESPONSE. FEAR NOT, THERE IS HOPE. TALK TO YOUR SUPERVISOR FOR WHAT TO DO NEXT.