

Connecting the Concepts: Stages of Compassion Fatigue

For each stage below, write out a description of your experience. You can also include a brief example of a time you've experienced each (years/jobs). If you have not reached certain stages, you can leave this blank or put in what you've seen others experience.

Stage One - Compassion Satisfaction:

Stage Two - Compassion Satisfaction - Compassion Fatigue:

Stage Three - Compassion Fatigue:

Stage Four - Compassion Fatigue - Burnout:

Stage Five - Burnout:

Attrition

Sustainable Caring

Additional Notes: