

# Compassion Fatigue Warning Signs

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Based on the Signs and Symptoms list, what are the three main signs that tell you you're experiencing compassion fatigue?

Over time, as you reduce your levels of compassion fatigue, you will begin to notice earlier and earlier warning signs that are milder than your current signs.

These will change often, but for now, write out the three main signs of compassion fatigue.

1.

2.

3.