REWAL vs. PATHOLOGY — Leaving the profession, physical and mental illness, chronic symptoms or hardiness, resiliency, transformation.

ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.

IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other’s pain, absenteeism.

ZOMBIE — A sense that you can’t ever do enough, inflated sense of importance, sleeplessness, sense of persecution.

COMPASSION FATIGUE’S PATH

(Cycle is from work of Eric Gentry, PhD, 2012)