



Walk The Walk

My Compassion Fatigue Resiliency Guide

My Physical Signs:

My Behavioral Signs:

My Psychological Signs:

Tools I would use or something I would transform:

An Affirmation:

My thoughts about: Compassion Fatigue

Empathy vs. Sympathy

Burnout

Vicarious Trauma

Moral Distress



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www.walkthewalk.com

A compassion
resiliency commitment
I make to myself this month is to:

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