



# TRANSFORMING THE PAIN

*A Workbook on Vicarious Traumatization*  
For helping professionals who work with traumatized clients

**KAREN W. SAAKVITNE**  
**LAURIE ANNE PEARLMAN**  
*and The Staff of The Traumatic Stress Institute /  
Center for Adult & Adolescent Psychotherapy LLC*

## Self-Care

Rate the following areas in frequency

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

### Physical Self-Care

- \_\_\_\_\_ Eat regularly (e.g. breakfast, lunch, and dinner)
- \_\_\_\_\_ Eat healthily
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Get regular medical care for prevention
- \_\_\_\_\_ Get medical care when needed
- \_\_\_\_\_ Take time off when sick
- \_\_\_\_\_ Get massages
- \_\_\_\_\_ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- \_\_\_\_\_ Take time to be sexual—with yourself, with a partner
- \_\_\_\_\_ Get enough sleep
- \_\_\_\_\_ Wear clothes you like
- \_\_\_\_\_ Take vacations
- \_\_\_\_\_ Take day trips or mini-vacations
- \_\_\_\_\_ Make time away from telephones
- \_\_\_\_\_ Other:

### Psychological Self-Care

- \_\_\_\_\_ Make time for self-reflection
- \_\_\_\_\_ Have your own personal psychotherapy
- \_\_\_\_\_ Write in a journal

- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Let others know different aspects of you
- Engage your intelligence in a new area, e.g., go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving from others
- Be curious
- Say no to extra responsibilities sometimes
- Other:

**Emotional Self-Care**

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Reread favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters, donations, marches, protests
- Play with children
- Other:

**Spiritual**

- M
- S
- F
- E
- C
- E
- T
- E
- I
- Y
- M
- F
- S
- S
- F
- C
- E
- C

**Workpla**

- T
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- I
- C
- J

**Spiritual Self-Care**

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)
- Other:

**Workplace or Professional Self-Care**

- Take a break during the workday (e.g., lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance your caseload so no one day or part of a day is "too much"
- Arrange your work space so it is comfortable and comforting

Assessment Worksheet 4 *continued* (PAGE 4 OF 4)

- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

**Balance**

- Strive for balance *within* your work-life and workday
- Strive for balance *among* work, family, relationships, and rest

**Other Areas of Self-Care that are Relevant to You**