

Compassion Fatigue Worksheets

1. Reflect on your relationships, both past and present. How have you prioritized the needs and wants of others over your own? What emotions arise as you consider these dynamics?

2. Describe the ways in which you may have relied on others for a sense of identity, purpose, or self-worth. How has this impacted your understanding of yourself as an individual?

3. Explore any fears or anxieties you may have about setting boundaries or asserting your needs in relationships. What beliefs or experiences might underlie these concerns?

4. Consider the role of enabling behaviors in your interactions with others. In what ways have you unintentionally reinforced harmful patterns or dependencies in your relationships?

5. Write about the emotions that surface when you imagine prioritizing your own well-being and needs. What internal conflicts or resistance do you encounter in the process of shifting your focus toward self-care?

6. Reflect on your family background and upbringing. How might early experiences within your family have contributed to the development of codependent patterns in your adult relationships?

7. Consider the ways in which you may seek validation or approval from others. How has this influenced your choices, actions, and emotional well-being?

8. Imagine a future in which you engage in healthier, more balanced relationships. What would this look and feel like for you? What steps could you take to move toward this vision?
