

# YES Worksheet: When You've Taken on Too Much of Other People's Pain

## 1. What's Sticking With You?

Some stories stay with us. Which type of calls or cases affect you the most?

- Domestic violence scenes
- Child abuse or neglect
- Sexual assault interviews
- Repeat victims who return to unsafe situations
- Cases where you felt powerless to help
- Other: \_\_\_\_\_

## 2. How Do You Know It's Getting to You?

Notice the signs in yourself:

- Feeling emotionally heavy after certain shifts
- Having flashbacks or replaying conversations in your head
- Feeling numb when hearing new disclosures
- Avoiding certain scenes because they're too triggering
- Struggling to talk to loved ones after these calls
- Other: \_\_\_\_\_

## 3. One Thought That Might Be Weighing On You:

- "I couldn't stop it."
- "They're going back to the same situation anyway."
- "I can't do this much longer."
- "What's the point if the system won't protect them?"
- Other: \_\_\_\_\_

Now try a gentler message in response:

"My role is to show up, listen, and care. That matters—even if I can't control the outcome."

## 4. One Way to Reclaim Your Emotional Space:

- Take 5 minutes alone after a hard call before jumping back in
- Write a sentence to yourself: "This is not my pain to carry forever."
- Set a ritual to mark the end of each shift (change clothes, music, breathwork)
- Talk to someone you trust—not about the story, but how it made you feel
- Do something kind or creative that reminds you of your own humanity