

## *Balance & Renewal – Tool B*

### **My Sacrifice Syndrome Checklist**

No matter how talented and committed we are, with pressure and demands, it's easy to slip into mindlessness. If we are not careful, we can succumb to the Sacrifice Syndrome, where we are overdrawn physically, mentally, emotionally, and often spiritually. A way to avoid this is to monitor ourselves by periodically reviewing this checklist. It's best to catch yourself before you fall into the Sacrifice Syndrome trap.

#### ***I am:***

- Working harder with less result
- Getting home later or leaving home earlier each day
- Feeling tired, even after sleeping
- Having trouble falling asleep, or waking up in the middle of the night
- Finding less time or no time at all for the things I used to enjoy
- Rarely relaxed, and/or only truly relaxed with alcohol or drugs
- Drinking more coffee
- Unable to take my vacation days

#### ***I have noticed changes in myself or my relationships, such as:***

- I can no longer talk about my problems with my spouse or partner
- I don't care what I eat, whether too much or too little
- I can't remember the last time I had a long conversation with a trusted friend
- My children have stopped asking me to attend their functions or games
- I no longer attend my place of worship or find time for quiet contemplation
- I don't exercise as much as I used to
- I don't smile or laugh as much as I used to

#### ***I do:***

- Have frequent headaches, backaches, or pain
- Routinely take over-the-counter antacids or painkillers
- Feel as if nothing I can do seems to matter anymore or have the impact I want
- Feel as if no one can understand what I need to do or how much work I have
- Sometimes feel numb or react inappropriately to situations with strong emotions
- Feel too overwhelmed to seek new experiences, ideas, or ways of doing things
- Frequently think about how to escape my current situation