



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Checklist

Many carers, parents, supporters, helpers and emotionally responsible people spend so long focusing on everyone else that they stop recognising their own exhaustion.

Emotional burnout can build gradually over time through:

- Constant emotional pressure
- Caring responsibilities
- Supporting others through crisis
- Over-functioning
- Trauma and survival mode
- Feeling unable to stop or rest

Many people continue coping outwardly while privately feeling emotionally overwhelmed, depleted or disconnected.

This checklist is designed to help recognise signs of emotional burnout in people who spend much of their energy and time supporting others.

1. Emotional Exhaustion

Do you:

- ☐ Feel emotionally drained most of the time?
- ☐ Feel like everyone needs something from you constantly?
- ☐ Feel emotionally “empty” after supporting others?

Our vision is to break silence and rebuild lives, for this generation and the next

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

- ☐ Struggle to switch off emotionally?
- ☐ Feel exhausted even when you try to rest?
- ☐ Feel like you are carrying too much alone?

2. Over-Functioning & Responsibility

Do you:

- ☐ Feel responsible for keeping everything together?
- ☐ Continue helping others even when overwhelmed yourself?
- ☐ Feel guilty slowing down or resting?
- ☐ Struggle asking for support?
- ☐ Feel like things will fall apart if you stop?
- ☐ Ignore your own emotional needs to focus on others?

3. Emotional & Nervous System Signs

Have you:

- ☐ Become more irritable or emotionally sensitive at times?
- ☐ Felt emotionally numb or detached sometimes?
- ☐ Struggled concentrating or thinking clearly?

Our vision is to break silence and rebuild lives, for this generation and the next

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

- ☐ Felt anxious or emotionally overloaded frequently?
- ☐ Wanted to withdraw from people or responsibilities?
- ☐ Felt like your nervous system never fully relaxes?

4. Physical & Everyday Signs

Have you:

- ☐ Experienced ongoing tiredness or fatigue?
- ☐ Neglected your own meals, sleep or self-care?
- ☐ Felt physically tense or run down?
- ☐ Struggled enjoying things you used to enjoy?
- ☐ Felt emotionally overwhelmed by simple tasks?
- ☐ Felt emotionally exhausted before the day even starts?

5. Boundaries & Emotional Capacity

Do you:

- ☐ Say yes when you really need rest?
- ☐ Feel emotionally responsible for everyone else's wellbeing?
- ☐ Struggle setting boundaries?

Our vision is to break silence and rebuild lives, for this generation and the next

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

- ☐ Feel guilty prioritising yourself?
- ☐ Feel pressure to stay “strong” all the time?
- ☐ Minimise your own stress or exhaustion?

Reflection

Many emotionally responsible people become so focused on surviving, caring or supporting others that burnout becomes normalised.

Over time, emotional burnout can affect:

- Mental wellbeing
- Nervous system regulation
- Physical energy
- Emotional regulation
- Identity and self-worth
- Ability to rest or recover

Many people continue functioning while privately feeling close to emotional collapse.

Important Reminder

You are allowed to:

- Need support

Our vision is to break silence and rebuild lives, for this generation and the next

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

- Feel exhausted
- Rest without guilt
- Have emotional limits
- Protect your wellbeing
- Stop carrying everything alone
- Ask for help

Supporting others should not require abandoning yourself.

Support & Further Resources

Caring for others matters.

Your wellbeing matters too.

WeAreUnmuted

Turning silence into understanding through lived experience.

Our vision is to break silence and rebuild lives, for this generation and the next

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

WeAreUnmuted CIC | Company No: 17128806