

Toxic Workplaces

Assess the Problem's Impact on You:

- Anxiety
- Depression
- Anger
- Fear
- short tempered
- Stressed out
- Distressed
- Trouble sleeping
- Physical fatigue or illness
- Mental fatigue or symptoms
- Decreased self-esteem/confidence
- Overwhelmed
- Loss of trust, faith, hope
- Difficulty functioning
- Other: _____
