

Are You Burning Out?

Rate yourself on the scale below. For each of the questions circle the number between 0-5 that indicates how you have felt during the past 2-3 months.¹

	No change	1	2	3	4	5	A lot of change
1. Do you get tired easily tired or feel worn out?		1	2	3	4	5	
2. Are you working harder and harder and feeling like you are getting nowhere?		1	2	3	4	5	
3. Are you sad a lot without knowing why or are your emotions flat or numb?		1	2	3	4	5	
4. Are you grumpy, short-tempered and expect more and more from people around you?		1	2	3	4	5	
5. Do you feel confused at the end of the day?		1	2	3	4	5	
6. Are you avoiding accountable relationships?		1	2	3	4	5	
7. Do you feel spiritually empty?		1	2	3	4	5	
8. Do you have very little to say to people?		1	2	3	4	5	
9. Do you get upset when people tell you that you don't look so good or they are concerned about you?	1	2	3	4	5		
10. Are you more sarcastic and disappointed in the world around you?		1	2	3	4	5	
11. Are you more forgetful (missing doctor visits, losing things, forgetting appointments)?		1	2	3	4	5	
12. Do you always feel bad or are you sick all the time?		1	2	3	4	5	
13. Do you spend less time with your friends and family?		1	2	3	4	5	
14. Are you unable to laugh at a joke about yourself?		1	2	3	4	5	
15. Are you too busy to do everyday things (make phone calls, send out cards)?		1	2	3	4	5	

Total Score _____

Scores 0 – 25: You are doing fine.

Scores 26 – 35: Be cautious. You are at risk. Begin to look at areas where you need to make some changes.

Scores 36 – 50: You are a candidate for burnout. Begin making changes now.

Scores 51 – 65: You are burning out. It is important to make immediate changes. You may want to seek the advice of a counselor.

Scores 65+: You are burned out. It would be wise to seek the advice of a counselor to assist you with making changes and look at any underlying issues.

¹ Adapted from the Freudenberger Burnout Scale