

Are you burning out?

Have you noticed changes in yourself over the past 6 months?

Assign a number from 0 (for no or little change) to 5 (for a great deal of change) for each of the following questions. (This test is not meant to replace a clinical assessment.)

- _____ 1. Do you tire more easily? Feel fatigued rather than energetic?
- _____ 2. Are people annoying you by telling you, "You don't look so good lately"?
- _____ 3. Are you working harder and harder and accomplishing less and less?
- _____ 4. Are you increasingly cynical and disenchanted?
- _____ 5. Are you often invaded by a sadness you can't explain?
- _____ 6. Are you forgetting things (appointments, deadlines, personal possessions)?
- _____ 7. Are you increasingly irritable? More short-tempered? More disappointed in the people around you?
- _____ 8. Are you seeing close friends and family members less frequently?
- _____ 9. Are you too busy to do even routine things like making phone calls or reading reports or sending out Christmas or other cards?
- _____ 10. Are you suffering from physical complaints? (e.g., aches, pains, headaches, a lingering cold)
- _____ 11. Do you feel disoriented when the activity of the day comes to a half?
- _____ 12. Is joy elusive?
- _____ 13. Are you unable to laugh at a joke about yourself?
- _____ 14. Does sex seem like more trouble than it's worth?
- _____ 15. Do you have very little to say to people?

What Your Total Means

0-25: You're fine.

26-35: There are things you should be watching.

36-50: You're a candidate for burnout.

51-65: You are burning out.

Over 65: You sound burned out; a situation that may be threatening to your physical and mental well-being.

Don't let a high total score alarm you, but pay attention to it. Burnout is reversible, no matter how far along it is.

(Developed from materials downloaded on 10/9/2007 from <http://sarbc.org/ciss8.html> where it was adapted from The Freudenberger Burnout Scale.)