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)?
_____ 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 halt?
_____ 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?

_____ TOTAL

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.)