

BURNOUT SELF ASSESSMENT*



INSTRUCTIONS: Think back over the past six months of your life. Have things changed (consider your job, your family, your social life).

Use the following scale:

1 = No change, 2 = Some small changes, 3 = Varies from day to day, 4 = More change than I'd like, 5 = A great deal of change

Add up your total score.

- _____ 1. Do you **tire more easily**?
- _____ 2. Have people been saying, **"You don't look so good lately."**
- _____ 3. Are you **working harder and accomplishing less**?
- _____ 4. Are you **becoming cynical**?
- _____ 5. Do you often **feel a sadness you can't explain**?
- _____ 6. Are you **forgetful**? (Appointments, deadlines, dates)
- _____ 7. Are you more **irritable, short-tempered, and disappointed**?
- _____ 8. Do you **see close friends and family members less**?
- _____ 9. Are you **too busy** to do even routine things?
- _____ 10. Are you suffering from **physical complaints**?
- _____ 11. Do you **feel disoriented at day's end**?
- _____ 12. Is it **hard to find joy** in life?
- _____ 13. Are you **unable to laugh at yourself**?
- _____ 14. Do you have **little to say to people**?

_____ **TOTAL SCORE**

*Adapted from *Burnout Self Inventory*, American Institute for Preventative Medicine

The Burnout Scale

- 14-20 You're doing fine
- 21-30: You're ok, but should be cautious
- 31-45 You're a candidate for burnout
- 46-64 You're burning out
- Over 65: You're in a dangerous state that's a threat to your physical and mental well-being and should speak with a professional