



# Burnout Self Test

Burnout occurs when passionate, committed people become deeply disillusioned with a job or career from which they have previously derived much of their identity and meaning. It comes as the things that inspire passion and enthusiasm are stripped away, and tedious or unpleasant things crowd in. This tool can help you check yourself for burnout. It helps you look at the way you feel about your job and your experiences at work, so that you can get a feel for whether you are at risk of burnout.

**Instructions:**

For each statement, check the column that best describes you. Please answer questions as you actually are (rather than how you think you should be). When you are finished, please count the number of items you check in columns 3, 4, and 5.

#	Question	1	2	3	4	5
		Not at all	Rarely	Some times	Often	Very Often
1	Do you feel run down and drained of physical or emotional energy?					
2	Do you find that you are prone to negative thinking about your job?					
3	Do you find that you are harder and less sympathetic with people than perhaps they deserve?					
4	Do you find yourself getting easily irritated by small problems, or by your co-workers and team?					
5	Do you feel misunderstood or unappreciated by your co-workers?					
6	Do you feel that you have no one to talk to?					
7	Do you feel that you are achieving less than you should?					
8	Do you feel under an unpleasant level of pressure to succeed?					
9	Do you feel that you are not getting what you want out of your job?					
10	Do you feel that you are in the wrong organization or the wrong profession?					
11	Are you becoming frustrated with parts of your job?					
12	Do you feel that organizational politics or bureaucracy frustrate your ability to do a good job?					
13	Do you feel that there is more work to do than you practically have the ability to do?					
14	Do you feel that you do not have time to do many of the things that are important to doing a good quality job?					
15	Do you find that you do not have time to plan as much as you would like to?					

No. Items 3 and above =