

Burnout self-discovery.

Answer the questions below honestly, but don't overthink your answers. This is not a scientific survey but one designed for you to discover the issues in your life. Answer the questions using the key below.

1- *Never* 2- *Rarely* 3- *Sometimes* 4- *Mostly* 5- *All the time*

Do you find it hard to concentrate?

Never Rarely Sometimes Mostly All the time

Have you become more frustrated and irritable?

Never Rarely Sometimes Mostly All the time

Do you think that people or the world is against you?

Never Rarely Sometimes Mostly All the time

Do you have headaches, intestinal problems, and frequent illnesses that were not a part of your past?

Never Rarely Sometimes Mostly All the time

Are you more cynical and critical at work or home?

Never Rarely Sometimes Mostly All the time

Are you exhausted daily and can't seem to shake it?

Never Rarely Sometimes Mostly All the time

Do you find yourself using drugs, alcohol, sex, spending, bingeing to feel better, feel nothing, escape, and distract?

Never Rarely Sometimes Mostly All the time

Have your sleep habits changed?

Never Rarely Sometimes Mostly All the time

Do you feel alone in your plight?

Never Rarely Sometimes Mostly All the time

Do you want to escape?

Never Rarely Sometimes Mostly All the time

Have you noticed a decrease in sex drive?

Never Rarely Sometimes Mostly All the time

Do you feel like there is no way out of your lifestyle?

Never Rarely Sometimes Mostly All the time

Before you add up your points, go back and think about anything that you marked with a 3-5 point value. Sometimes, and mostly are high indications of chronic stress and even burnout. Anything that is marked all the time is an indicator of burnout.

Total points _____

12 indicates that you are not highly or chronically stressed.

12-20 indicates a moderate amount of stress and can include signs of chronic stress

20-26 indicates you are under chronic stress and significant change needs to happen

26-30 indicates you are in chronic stress or beginning the stage of burnout

30+ indicates that you need intervention in your life and are in burnout

40+ indicates you are living in burnout and need significant help and life change

Now, go back through and think deeply about how anything in the sometimes and above categories affects your life in other areas. I implore you to seek help, whether a therapist, mentor, coach, or close friend.