

Burnout Self-Check

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Instructions: For each question, put an 'X' in the column that most applies. Put one 'X' only in each row. When you have answered all questions, you will be scored automatically (see the bottom of the page).

Question	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?					
Scores					

Answer	Number	Weight	Weighted Total
Not at all:		0	
Rarely		1	
Sometimes		2	
Often		3	
Very Often		4	

>=	
-1	No sign of burnout here!
5	Little sign of burnout here, unless some factors are particularly severe
18	Be careful - you may be at risk of burnout, particularly if several scores are high
35	You are at severe risk of burnout - do something about this urgently
45	You are at very severe risk of burnout - do something about this urgently