

## THE BURNOUT MEASURE

How often do you have any of the following experiences? Please use the scale by writing a number next to each phrase.

1	2	3	4	5	6	7
Never	Once in a great while	Rarely	Sometimes	Often	Usually	Always

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| <p>1. _____ Being tired.</p> <p>2. _____ Feeling depressed.</p> <p>3. _____ Having a good day.</p> <p>4. _____ Being physically exhausted.</p> <p>5. _____ Being emotionally exhausted.</p> <p>6. _____ Being happy.</p> <p>7. _____ Being “wiped out.”</p> <p>8. _____ “Can’t take it anymore.”</p> <p>9. _____ Being unhappy.</p> <p>10. _____ Feeling run-down.</p> <p>11. _____ Feeling trapped.</p> | <p>12. _____ Feeling worthless.</p> <p>13. _____ Being weary.</p> <p>14. _____ Being troubled.</p> <p>15. _____ Feeling disillusioned and resentful.</p> <p>16. _____ Being weak and susceptible to illness</p> <p>17. _____ Feeling hopeless.</p> <p>18. _____ Feeling rejected.</p> <p>19. _____ Feeling optimistic.</p> <p>20. _____ Feeling energetic.</p> <p>21. _____ Feeling anxious.</p> |
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### Computation of Scores:

Add the values you wrote next to the following items:  
1,2,4,5,7,8,9,10,11,12,13,14,15,16,17,18,21 = \_\_\_\_\_ (A)

Add the values you wrote next to the following items:  
3,6,19,20 = \_\_\_\_\_ (B)

Subtract (B) from 32 = \_\_\_\_\_ (C)

Add (A) and (C) = \_\_\_\_\_ (D)

Divide (D) by 21 = \_\_\_\_\_

### This is your Burnout Score.

- 1 & 7** are highly unlikely to score
- 2 & 3** = you are doing well, go over your scores & be sure you are answering honestly
- 3 & 4** = examine your work & life, evaluate your priorities & consider possible changes
- 4+** = you are experiencing burnout to the extent that you must do something about it
- 5+** = indicates an acute state and need for immediate help