

# Checking Yourself for Burnout

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

## Ratings:

**15-18** No sign of burnout here

**19-32** Little sign of burnout, unless some factors are particularly severe

**33-49** Be careful – you may be at risk of burnout, especially if several scores are high

**50-59** You are at severe risk of burnout, do something about this urgently

**60-75** You are at **very severe** risk of burnout, do something about this urgently

Modified from: [https://www.mindtools.com/pages/article/newTCS\\_08.htm](https://www.mindtools.com/pages/article/newTCS_08.htm)