

# Are You Burned Out?

Questionnaire designed by Dr. Herbert J. Freudenberger

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\*Give each question a rating from 0-5 (0 representing not true/5 representing very true)

Do you tire more easily?	0	1	2	3	4	5
Do you feel fatigued rather than energetic?	0	1	2	3	4	5
Are people annoying you by saying "you look tired"?	0	1	2	3	4	5
Are you working harder but accomplishing less?	0	1	2	3	4	5
Are you increasingly cynical and disenchanted?	0	1	2	3	4	5
Do you often experience unexplained sadness?	0	1	2	3	4	5
Are you forgetting things more frequently? (ie: appointments, deadlines)	0	1	2	3	4	5
Have you become more irritable?	0	1	2	3	4	5
Are you most short-tempered?	0	1	2	3	4	5
Are you more disappointed with people around you?	0	1	2	3	4	5
Are you seeing friends/family less frequently?	0	1	2	3	4	5
Are you too busy to do even routine things? (ie: return phone calls, do errands or chores, etc.)	0	1	2	3	4	5
Are you experiencing increased physical complaints? (ie: aches, pains, headaches, lingering colds)	0	1	2	3	4	5
Does joy seem elusive?	0	1	2	3	4	5
Are you unable to laugh at a joke about yourself?	0	1	2	3	4	5
Does sex seem like more trouble than it is worth?	0	1	2	3	4	5
Do you have very little to say to people?	0	1	2	3	4	5

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Your Score: \_\_\_\_\_

- 0-25 You are doing fine.
- 26-35 Your stress is starting to show.
- 36-50 You are a candidate for burnout.
- 51-65 You are burning out.
- 65+ You are burned out