

Are You Burning Out?

Dr. Beverly Potter's book "Preventing Job Burnout" includes a test to help you determine where you rank in terms of job burnout.

Review your life over the last six months, both at work and away from work.

Read each of the following items and rate how often the symptom is true for you.

Use a rating scale of 1 to 5, with 1 being *rarely true* and 5 being *usually true*.

1. _____ I feel tired even though I've gotten adequate sleep
2. _____ I am dissatisfied with my work.
3. _____ I feel sad for no apparent reason.
4. _____ I am forgetful.
5. _____ I am irritable and snap at people.
6. _____ I avoid people at work and in my private life.
7. _____ I have trouble sleeping because of worrying about work.
8. _____ I get sick a lot more than I used to.
9. _____ My attitude about work is "why bother?"
10. _____ I get into conflicts at work.
11. _____ My job performance is not up to par.
12. _____ I use alcohol and/or drugs to feel better.
13. _____ Communicating with people is a strain.
14. _____ I can't concentrate on my work like I once could.
15. _____ I am bored with my work.
16. _____ I work hard but accomplish little.
17. _____ I feel frustrated with my work.
18. _____ I don't like going to work.
19. _____ Social activities are draining.
20. _____ Sex is not worth the effort.
21. _____ I watch television most of the time when not working.
22. _____ I don't have much to look forward to in my work.
23. _____ I worry about work during off hours.
24. _____ My feelings about work interfere with my personal life.
25. _____ My work seems pointless.

TOTAL: _____ Add up your scores.

25 – 50, you're doing well; 51 – 75, you're OK if you take preventive action; 76 – 100, you're a candidate for job burnout; 101 – 125, you're burning out.