

Self-Assessment

Are You Suffering from Burnout?

Chapter Resource

Please refer to section [Section 7.1 Emotions and Intelligence](#) of *Conflict Management*.

Instructions

Check whether each item is “mostly true” or “mostly untrue” for you. Answer as honestly as you can. When you have finished, add up the number of checks for “mostly true.”

	Mostly True	Mostly Untrue
1. I usually go around feeling tired.		
2. I think I am working harder but accomplishing less.		
3. My job depresses me.		
4. My temper is shorter than it used to be.		
5. I have little enthusiasm for life.		
6. I snap at people fairly often.		
7. My job is a dead end for me.		
8. Helping others seems like a losing battle.		
9. I don't like what I have become.		
10. I am very unhappy with my job.		

Scoring

This instrument measures your self-perceptions regarding burnout. To score it, add up the number of times you answered “mostly true.” If you answered mostly true seven or more times, you may be suffering from burnout. If you received a high score, consider what actions you can undertake to reduce the level of burnout.

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