

Instructions

Give each question a value ranging from 0-5 with “0” representing not being true for you and “5” describing you very well.	Please Mark 0-5
Do you tire more easily?	
Do you feel fatigued rather than energetic?	
Are people annoying you by telling you “you don’t look so good lately”?	
Are you working harder & harder but accomplishing less?	
Are you increasingly cynical and disenchanting?	
Do you often experience unexplained sadness?	
Are you forgetting appointments, deadlines or personal possessions more frequently?	
Have you become more irritable?	
Are you more short-tempered?	
Are you more disappointed with people around you?	
Are you seeing family members and close friends less frequently?	
Are you too busy to do even routine things like make phone calls or read reports or send cards to friends?	
Are you experiencing increased physical complaints (aches, pains, headaches, lingering colds)?	
Do you feel disoriented when the activity of the day comes to a halt? Is joy elusive?	
Are you unable to laugh at a joke about yourself?	
Does sex seem like more trouble than it’s worth?	
Do you have very little to say to people?	



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Total SCORE? _____

Mark Score in Summary

Score Interpretation

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 suffer from "burnout".

Over 65 You are in a dangerous place.



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