

# Your Burn Out Meter!!!

How Often do you experience any of the following situations?

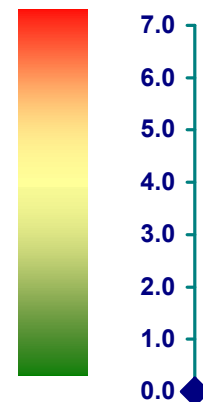
Please use the following Scale

Never	1
Once in a great while	2
Rarely	3
Sometimes	4
Often	5
Usually	6
Always	7

Compute your burnout score by completing the following questionnaire using the scale provided on the top right.

1	Being Tired	
2	Feeling Depressed	
3	Having a good day	
4	Being Physically exhausted	
5	Being emotionally exhausted	
6	Being Happy	
7	Being "Wiped Out"	
8	"Can't take it anymore"	
9	Being unhappy	
10	Feeling run-down	
11	Feeling trapped	
12	Feeling worthless	
13	Being Weary	
14	Being troubled	
15	Feeling disillusioned & resentful	
16	Being weak & susceptible to illness	
17	Feeling hopeless	
18	Feeling rejected	
19	Feeling Optimistic	
20	Feeling Energetic	
21	Feeling Anxious	

Your Burn-Out Score



### More about your Score:

If your Score between 2 & 3, you are doing well. The only suggestion we make is that you go over your score sheet to be sure you have been honest in your responses.

If your score is between 3 & 4, it would be wise for you to examine your work life, evaluate your priorities and consider possible changes.

If your score is higher than 4, you are experiencing burnout to the extent that it is mandatory that you do something about it.

A score of higher than 5 indicates an acute state and a need for immediate help.

\* Adapted from Ayala Pines, Ph.D. and Elliot Aronson, Ph.D., " Why Managers Burn Out," Sales & marketing management 4 (February 1989):38.