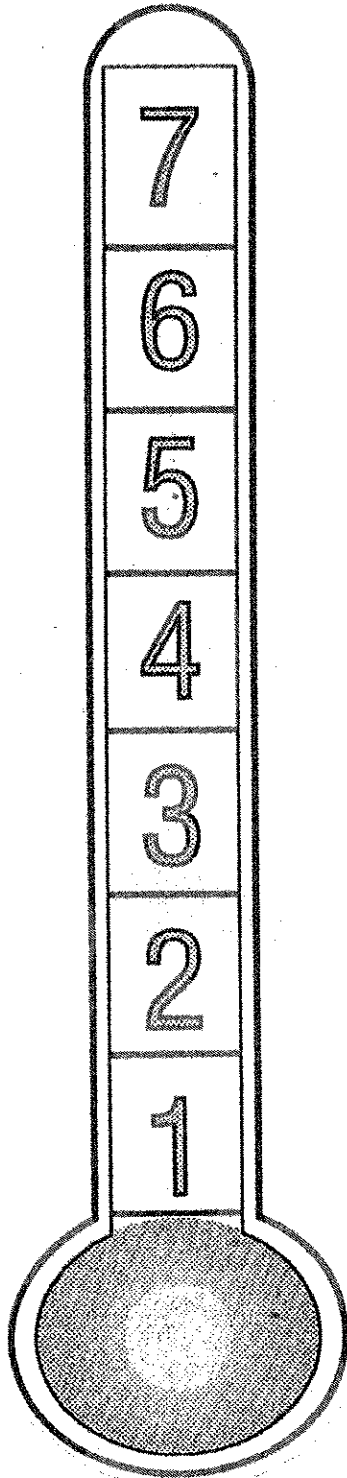


Emotional Manifestations of Burnout

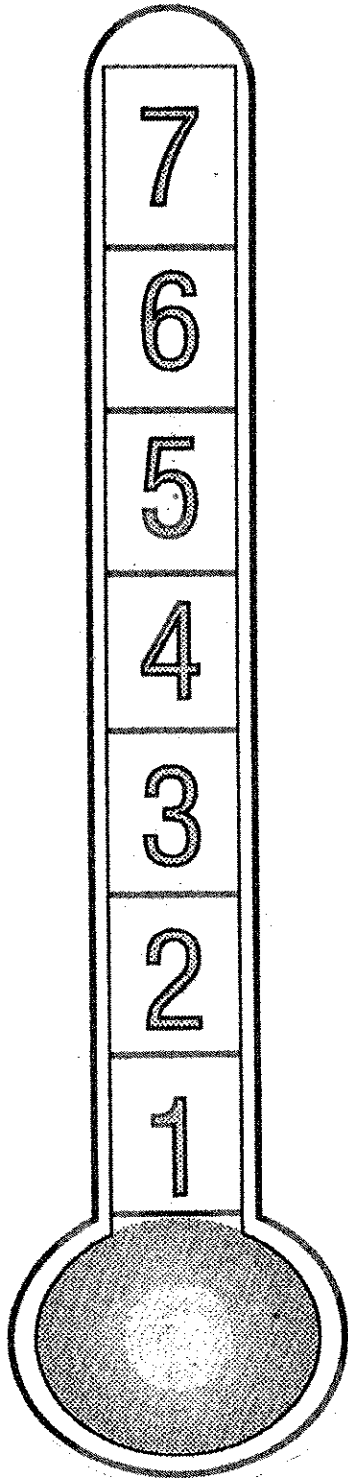
Where would you position yourself on this thermometer?



7. I'm so unhappy I want to die. I have no patience. I can't be bothered with anything. All I want to do is cry and sleep.
6. I'm so unhappy and irritable that I don't even recognize myself; I've changed so much.
5. I'm rather tired and irritable and not really interested in taking care of myself. Things are just beyond me.
4. Sometimes I'm happy, other times sad, often irritable. I don't really know where I'm going. It's becoming more and more difficult to pick myself up.
3. I brood about so many things. I don't laugh very often. I feel frustrated.
2. I'm becoming sullen. I seem to have lost some of my sense of humour.
1. I'm generally in good humour. I look at life optimistically and I let things get me down.

Physical Manifestations of Burnout

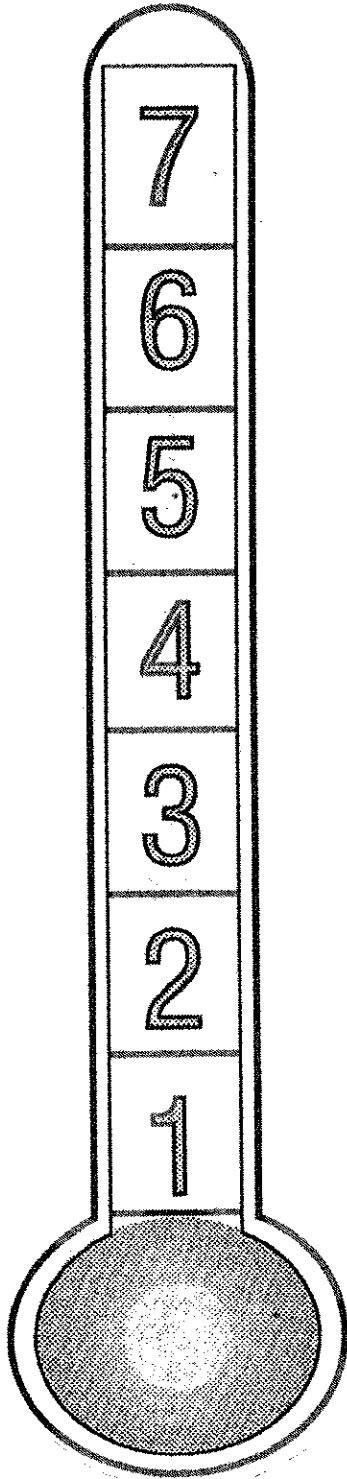
Where would you position yourself on this thermometer?



7. I feel empty, overextended. I have no energy left for anything. I am at the end of my rope and nothing can get me out of the hole I'm in. I am completely burned out. I am discouraged.
6. I am unable to function normally; my only desire is to do nothing and to just let myself go. I feel washed out, dried up.
5. I feel more and more tired. I don't even know where I am going to get the energy to continue. Everything requires energy even when I want to do something for myself.
4. I feel an immense tiredness. I would really like my sleep, to rejuvenate myself but nothing works. I'm just as tired when I get up as when I went to bed.
3. I'm not in great shape and I have less and less energy. I often have the urge to sleep. Everything I do requires a lot of energy.
2. I have energy, I'm still in shape but I'm obliged to give up a number of activities and projects.
1. I feel in great shape and have the drive to do lots of things.

Self-Denial Aspect of Burnout

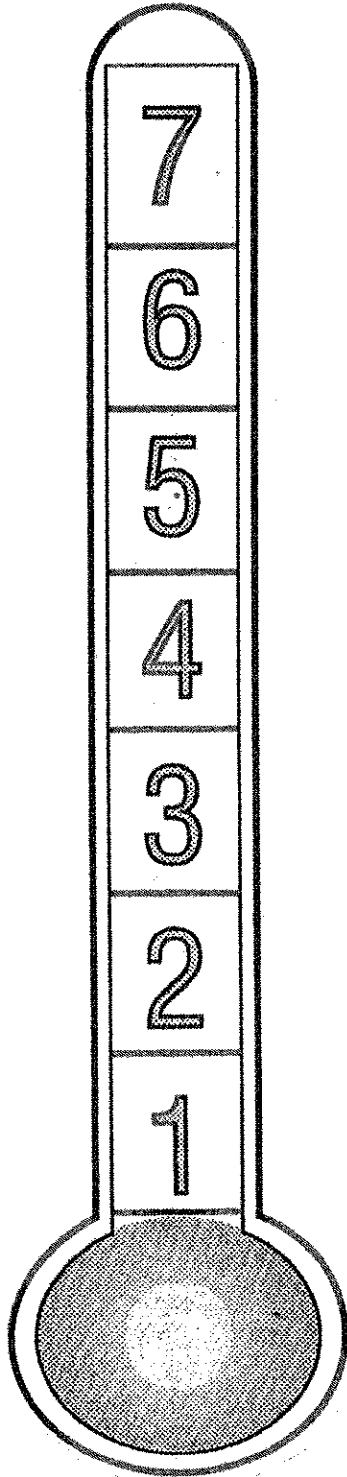
Where would you position yourself on this thermometer?



7. I don't have a minute to myself. Even with all the help I need, I'm completely overloaded and overwhelmed. I can't take it anymore.
6. My entire time is spent taking care of him or her. Even with help, all my time revolves around his or her care. I feel that my responsibilities are eating me alive.
5. I can't seem to find time to rest, even when I have help. In any event, I don't have any time, there is always something waiting for my attention.
4. There is no time for myself. The housework isn't done and I don't know how I can get a handle on the situation even if I get some help.
3. I'm unable to do everything I want. I have less and less time to go to the hairdresser, to the doctor's or to visit friends.
2. I'm still able to do just about everything and I'll continue as long as I must. I'm not too worried.
1. I'm able to do all the housework, take care of him or her and to think of myself. I'm well organized.

Social Aspect of Burnout

Where would you position yourself on this thermometer?



7. I have no desire to see anyone. I have nothing to say. I feel empty and alone.
6. It's been awhile since I've contacted anyone, friend or family. I've become quite isolated. I'm losing contact with everyone, even with myself.
5. I've no desire to have fun. At times I forget about my friends and family. My only "distraction" is him or her.
4. I can't seem to amuse myself. I am preoccupied. I don't find myself interesting. I must be a bore. I hardly ever call anyone.
3. I miss my friends and family. I hardly ever see them or even go out. I still find some time to call them. I find it a burden.
2. I've less and less contact with family and friends. I'm not going out as often, but I call them regularly.
1. I maintain regular contact with family and friends. I find the time to confide in them, to go out, to change my headspace.