

CHECK YOUR BURNOUT-SITUATION

<p><i>Please answer the questions with your first impulse, stay in your personal perception and remain with your feeling – please be honestly with yourself! Put down the point number on the column on the right and then add the values to your complete result.</i></p>	<p><i>Almost never appears</i></p>	<p><i>Appears rarely</i></p>	<p><i>Appears sometimes</i></p>	<p><i>Appears frequently</i></p>	<p><i>Appears almost all the time</i></p>
1. I have in general too much stress in my life.	1	2	3	4	5
2. By my work I must renounce private contacts and leisure activities.	1	2	3	4	5
3. On my shoulders presses too much.	1	2	3	4	5
4. I suffer from chronic tiredness.	1	2	3	4	5
5. I have lost the interest to my work.	1	2	3	4	5
6. I sometimes act in such a way as if I was a machine. I am foreign to myself – I cannot feel myself.	1	2	3	4	5
7. Earlier I have looked after my employees and customers – today they do not interest me.	1	2	3	4	5
8. I make cynical remarks about customers and employees.	1	2	3	4	5
9. If in the morning I get up and think of my work, I am tired immediately again.	1	2	3	4	5
10. I feel powerless to change my working situation.	1	2	3	4	5
11. I don't get enough recognition for my performance.	1	2	3	4	5
12. I cannot count on my colleagues and employees, I work about wide areas for myself alone.	1	2	3	4	5
13. I am hollowed out by my work emotionally.	1	2	3	4	5
14. I am often ill, susceptible for physical illnesses or pains.	1	2	3	4	5

15. I badly sleep, particularly before the beginning of a new working period, at the beginning of the new week.	1	2	3	4	5
16. I feel frustrated in my work.	1	2	3	4	5
17. One or several of the following qualities applies to me: nervously, anxiously, touchy, irritating, restless.	1	2	3	4	5
18. I must line up my own physical needs (like eating, drinking or going on the WC) behind the work.	1	2	3	4	5
19. I have the feeling, I am "left out in the rain". (I am let down)	1	2	3	4	5
20. My colleagues do not tell me the truth.	1	2	3	4	5
21. The value of my work is not perceived.	1	2	3	4	5
sum per column					
Sum whole					

Analysis:

To 30 points and / or **at most two answers with 5 points**: *low risk for burnout.*

31-60 points and / or three to five questions with 5 points: *beginning burnout situation.*

More than 60 points and / or more than 5 questions with 5 points: *You must urgently do something against your overloading and burnout!!!*