



Are You Burned Out?

Look back over the last (3) months. Have you noticed a change in yourself or in the world around you? Think about the office... the family... social situations... Allow about 30 seconds for each answer. Then assign it a number 1 (for little or no change) or 5 (for a great deal of change), or any number in between to designate the degree of change you perceive.

- 1) Do you tire more easily? Feel fatigued rather than energetic?
- 2) Are people annoying you by telling you "You don't look so good lately?"
- 3) Do you feel like you are working harder and harder and accomplishing less and less?
- 4) Are you often invaded by sadness you can't explain?
- 5) Has your motivation/ambition decreased lately?
- 6) Are you forgetting? (appointments, deadlines, personal possessions)
- 7) Are you increasingly irritable? More short-tempered? More disappointed in the people around you?
- 8) Are you seeing family members and close friends less frequently?
- 9) Are you too busy to do even routine things like make phone calls, read reports or send-out your Christmas cards?
- 10) Are you suffering from physical complication? (aches, pains, a lingering cold)
- 11) Do you feel disorientated when the activity of the day comes to a halt?
- 12) Is joy elusive? Having difficulty experiencing fun?
- 13) Are you able to laugh at a joke about yourself?
- 14) Are you increasingly cynical and disenchanted?
- 15) Does sex seem like more trouble than it's worth?
- 16) Do you have very little to say to people?

Add your total points and scores as follows:

If you scored 0-28 you are okay.

If you scored 29-39, you are approaching the danger zone, counseling would be useful.

If you scored above 40-50 you would benefit significantly from counseling.

If you scored above 50 please seek professional help as soon as possible.

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