

## Burnout Questionnaire

This questionnaire designed by Dr. Freudenberger will help you determine if you have symptoms of a syndrome popularly known as "burnout." Burnout refers specifically to a type of Adrenal Fatigue brought about by lifestyle factors such as working too hard or juggling too many activities. After you have taken this test, it might be interesting to compare your score with your scores on the "Adrenal Fatigue Questionnaire" in the book *Adrenal Fatigue: The 21st Century Stress Syndrome* by Dr. James L. Wilson.

Give each question a value ranging from 0-5 with "0" representing not being true for you and "5" describing you very well.

Do you tire more easily?	0	1	2	3	4	5
Do you feel fatigued rather than energetic?	0	1	2	3	4	5
Are people annoying you by telling you "you don't look so good lately"?	0	1	2	3	4	5
Are you working harder & harder but accomplishing less?	0	1	2	3	4	5
Are you increasingly cynical and disenchanted?	0	1	2	3	4	5
Do you often experience unexplained sadness?	0	1	2	3	4	5
Are you forgetting appointments, deadlines or personal possessions more frequently?	0	1	2	3	4	5
Have you become more irritable?	0	1	2	3	4	5
Are you more short-tempered?	0	1	2	3	4	5
Are you more disappointed with people around you?	0	1	2	3	4	5
Are you seeing family members and close friends less frequently?	0	1	2	3	4	5
Are you too busy to do even routine things like make phone calls or read reports or send cards to friends?	0	1	2	3	4	5
Are you experiencing increased physical complaints (aches, pains, headaches, lingering colds)?	0	1	2	3	4	5
Is joy elusive?	0	1	2	3	4	5
Are you unable to laugh at a joke about yourself?	0	1	2	3	4	5
Does sex seem like more trouble than it's worth?	0	1	2	3	4	5
Do you have very little to say to people?	0	1	2	3	4	5

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**Your Score for the Test is: \_\_\_\_\_**

## The interpretation is as follows:

- 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 are burning out.
- over 65 You are in a dangerous place.

If you scored above 35 you need to immediately change your lifestyle to incorporate regenerative activities. Stress comes at a price; it accelerates aging because it overtaxes your whole body. It is very important that you do something now to help yourself. Burnout is only one part of Adrenal Fatigue. If you don't already have a copy of *Adrenal Fatigue: The 21st Century Stress Syndrome*, get one and use it along with the contents of this website to start examining your lifestyle so you can get out of burnout and back to a life you love (pages 97-222 in the book will be of particular help). They may be the most valuable tools you've ever used.

Adapted from "Symptoms of Burnout" (Freudenberger, H. Burnout. P18; Bantam, NY, NY; 1981).