



BURNOUT QUESTIONNAIRE

Give each question a value ranging from **0-5** with

"0" representing not being true for you and

"5" describing you very well

1	Do you tire more easily?	0	1	2	3	4	5
2	Do you feel fatigued rather than energetic?	0	1	2	3	4	5
3	Are people annoying you by telling you "you don't look so good lately"?	0	1	2	3	4	5
4	Are you working harder & harder but accomplishing less?	0	1	2	3	4	5
5	Are you increasingly cynical and disenchanted?	0	1	2	3	4	5
6	Do you often experience unexplained sadness?	0	1	2	3	4	5
7	Are you forgetting appointments, deadlines or personal possessions more frequently?	0	1	2	3	4	5
8	Have you become more irritable?	0	1	2	3	4	5
9	Are you more short-tempered?	0	1	2	3	4	5
10	Are you more disappointed with people around you?	0	1	2	3	4	5
11	Are you seeing family members and close friends less frequently?	0	1	2	3	4	5
12	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
13	Are you experiencing increased physical complaints (aches, pains, headaches, lingering colds)?	0	1	2	3	4	5
14	Does sex seem like more trouble than it's worth?	0	1	2	3	4	5



15	Is joy elusive?	0	1	2	3	4	5
16	Are you unable to laugh at a joke about yourself?	0	1	2	3	4	5
17	Do you have very little to say to people?	0	1	2	3	4	5

Your Score for the Test is: _____

The interpretation is as follows:

0-25 YOU ARE GOING FINE

26-35 YOUR STRESS 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.