



THE BURNOUT SUSCEPTIBILITY TEST

The following test is useful in helping you become aware of susceptibility to burnout. Simply answer each of the questions without overthinking it. We will discuss your score in our session.

THE BURNOUT THERMOMETER

PHYSICAL

- 1 I usually feel fatigued and worn out
- 2 I seldom get a full night's sleep
- 3 If awakened, it is difficult to fall asleep again
- 4 I exercise less than twice a week
- 5 I ride elevators and escalators rather than climb stairs
- 6 Most people would consider me a worrier
- 7 I don't have a burnout prevention plan
- 8 I seldom eat raw fruits or vegetables
- 9 I often eat sugar and refined foods
- 10 I am overweight
- 11 I add salt to my food without tasting it
- 12 I drink more than four cups of coffee or tea a day
- 13 I drink more than four soft drinks a day
- 14 I eat until I feel stuffed

INTELLECTUAL

- 16 I seldom introduce an innovation into my work
- 17 I seldom read a journal or book in my profession
- 18 I do not have a plan for intellectual relaxation
- 19 I seldom read anything beside a newspaper
- 20 I do not have a hobby
- 21 I do not express my feelings in any medium (art, music, dance, writing)
- 22 I do not enjoy solving complex problems
- 23 I do not know who represents me in parliament
- 24 I do not keep abreast of current events
- 25 I seldom attend a workshop or professional meeting in my profession
- 26 I do not consider that two opposite opinions can both be correct
- 27 I do not know what parts of my job cause me stress

15 I smoke more than ten cigarettes a day

Physical sub-total score:

EMOTIONAL

31 I am uncertain of my beliefs

32 I am unhappy most of the time

33 I seldom compliment others

34 I do not approve of anger

35 I strike back if my feelings are hurt

36 I do not see much that is funny

37 I have sexual problems

38 I seldom cry and do not consider it is proper

39 I am overworked because I cannot say no

40 I often find fault with myself

41 I have no colleagues at work with whom I share important feelings

42 I have no one to turn to if I have a personal problem

43 I have few interests outside my job

44 I am embarrassed by compliments

45 I often find fault with others

Emotional sub-total score:

28 I can only think of one or two ways to combat stress at work

29 I think daydreaming is a waste of time

30 I consider that problems at work have only one 'best' answer

Intellectual sub-total score:

SOCIAL

46 I do not have any close friends

47 I seldom meet anyone I would like to know better

48 My relationships with family members are less than satisfactory

49 It is better not to become involved if I see a crime being committed

50 I am not liked by many people

51 I seldom go out with my family

52 I think drinking alcohol and driving is acceptable

53 I do not know my neighbours and I do not care to

54 I make no environmental efforts to conserve energy

55 I seldom have social relations with my co-workers

56 I seldom participate in community affairs

57 There are no causes or concerns to which I would contribute money or time

58 I think voting in government elections is a waste of time

59 I am uncomfortable in most social interactions

60 I am generally dissatisfied with my interactions with others

Social sub-total score:

SPIRITUAL

- 61 The future does not look promising to me
- 62 I do not think my work is important
- 63 I dislike being alone
- 64 I feel little obligation to the lives of others
- 65 I doubt I can be a success
- 66 I often take sleeping pills or tranquilisers
- 67 I have more than two alcoholic drinks a day
- 68 I drink alcohol when I am depressed or nervous
- 69 I often drink alcohol at lunch
- 70 I seldom like to do anything unless it is planned
- 71 I don't see much that is positive about life
- 72 I do not do any job especially well
- 73 I refuse to waste my time helping others
- 74 I consider it is impossible to change the system
- 75 I no longer have joy in my work

Spiritual sub-total score:

All done! Now add up your total and we shall discuss! See you soon.