

Wellness Spectrum – Stan Haegert, MD

	Burning Out:	Surviving (Brownout):	Doing O.K.:	Thriving:
Physically	A. I'm not sleeping well at all. I'm exhausted and rest does not help.	B. My sleep is often disturbed. I need more rest...soon!	C. I'm sleeping all right for the most part, but I could use more rest.	D. I sleep well and feel rested.
	A. I have no strength, time or desire to exercise.	B. Exercise is rare and not usually pleasant or energizing.	C. I exercise sometimes.	D. I exercise regularly.
	A. I have little or no interest in eating, or I often overeat as a source of comfort.	B. I am beginning to either lose appetite, or overeat as a source of comfort.	C. I'm eating, but sometimes not well or appropriately.	D. I'm eating well and appropriately.
	A. I have many significant health issues.	B. I have several significant health issues.	C. I have a few nagging health issues.	D. I have no health issues.
Mentally	A. I have difficulty concentrating on anything.	B. I occasionally have difficulty concentrating.	C. I can usually concentrate fairly well.	D. I can concentrate well.
	A. I have no interest in processing any new information.	B. I rarely allow myself the luxury of taking in new, enjoyable information.	C. I occasionally challenge my mind with new information that I enjoy.	D. I regularly challenge my mind with new information that I enjoy.
	A. My thoughts are often dark and difficult to control.	B. I'm finding it more and more difficult to challenge unbiblical thoughts with the truth.	C. Occasionally I neglect to challenge unbiblical thoughts with the truth.	D. I am able to challenge unbiblical thoughts with the truth.
	A. I feel trapped. I see very few options...I don't know how things could get better. I worry that I may fail, lose control, or harm myself or others.	B. Things could be a lot better...I don't know how much longer I can keep this up.	C. Life could be better, but I'm basically doing all right.	D. I have a deep sense of well-being.
Emotionally	A. My joy is all but gone.	B. I rarely feel joyful.	C. I sometimes feel joyful.	D. I feel joyful often.
	A. I actively shield myself from others' problems and needs.	B. It's increasingly hard for me to hear about others' problems...I've got my own.	C. The sorrows of others diminish my joy at times.	D. I can "weep with those who weep," without losing my joy.

	Burning Out:	Surviving (Brownout):	Doing O.K.:	Thriving:
	A. I have no strength or desire for relationships. I keep people at “arm’s length”.	B. My relationships are becoming increasingly strained or superficial. Time with people is more draining than replenishing.	C. I have fewer relationships that are close and meaningful than I used to have, and would like more.	D. I have close and meaningful relationships.
	A. I feel empty and depleted—like I have nothing left to give.	B. I feel as though my emotional “tank” is less than ½ full.	C. I feel as though my emotional “tank” is maybe ¾ full.	D. I feel as though my emotional “tank” is full.
Spiritually	A. God seems distant. I’m overwhelmed by His expectations of me.	B. I’m “going through the motions” but with little authenticity.	C. God and I are not as close as we used to be, and I miss that!	D. My relationship with God is close, personal and grace-filled. Sure, there’s room for growth... but God and I are good friends.
	A. I find my ministry an overwhelming burden, and doubt whether I will be able to continue it much longer. I never should have attempted this ministry.	B. My ministry is more often burdensome than satisfying these days. I’m beginning to doubt my effectiveness.	C. My ministry is sometimes frustrating, but I usually find it satisfying. I usually believe I am doing my work effectively.	D. I find my ministry deeply satisfying, and can offer it joyfully in worship to God. I believe that I am doing my work effectively.
	A. I pretty much count on my own resources to tackle problems and rarely sense God’s involvement.	B. It often seems as though God’s asked me to do more than I have energy for.	C. I have to work at remembering God’s presence and depending on Him rather than on myself.	D. My sense of God’s presence and my dependence on Him is immediate and real. I regularly turn to Him for help.
	A. I often yield to temptation.	B. I find myself yielding to temptation with greater frequency.	C. I am usually victorious over temptation.	D. I am almost always victorious over temptation.

Instructions:

1. Circle the statement or letter (A, B, C or D) in each row that most closely represents your feelings at this time. You’ll get the most value from the tool if you choose how you REALLY feel, not how you think you’re SUPPOSED to feel.
2. Take a “bird’s eye” look at the result, and notice which column seems to contain the most circled items.
3. Consider having a trusted friend complete the exercise using their impressions of YOU and where YOU are. Go over the answers together.
4. This is not a scientifically validated instrument, but it may be a helpful way of measuring your progress as you heal.