

BURNOUT INVENTORY

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This is not a validated instrument, but these questions may give you an idea to what degree you are experiencing burnout. The term "work" includes full time ministry.

Rate your response to each question on a scale from 1 to 5.

1 = Does not describe me at all. 5 = Very accurately describes me.

- _____ 1. I am exhausted much of the time, and rest doesn't seem to help much.
- _____ 2. I do not get as much satisfaction out of my work as I use to.
- _____ 3. I dread going to work most mornings.
- _____ 4. I feel like a failure in my work.
- _____ 5. I do not sleep as well as I use to.
- _____ 6. It is more and more difficult for me to deal with people's problems.
- _____ 7. I have more difficulty making decisions than I used to.
- _____ 8. I get very frustrated when things don't go well at work.
- _____ 9. More and more I find myself "just hanging on" until I can get out of this job.
- _____ 10. Guilt over work not done or not done well bothers me greatly.
- _____ 11. I get angry and/or irritable at work more easily than I used to.
- _____ 12. I often feel a sense of emptiness and depletion, like I have nothing more to give.
- _____ 13. My work gives me very little or no joy.
- _____ 14. I am concerned that I won't be able to last much longer in the job.
- _____ 15. It is getting more and more difficult to do some aspects of the job.

_____ **Total**

- 65-75:** *You may be in serious trouble!*
- 50-64:** *You may be suffering significant burnout.*
- 30-49:** *You may be experiencing mild to moderate burnout.*
- 15-29:** *You probably don't have a problem with burnout.*

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