

## **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. Adrenal Fatigue Questionnaire on page 61 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? \_\_\_\_\_
- Do you feel fatigued rather than energetic? \_\_\_\_\_
- Are people annoying you by telling you "you don't look so good lately"? \_\_\_\_\_
- Are you working harder & harder but accomplishing less? \_\_\_\_\_
- Are you increasingly cynical and disenchanted? \_\_\_\_\_
- Do you often experience unexplained sadness? \_\_\_\_\_
- Are you forgetting appointments, deadlines or personal possessions more frequently? \_\_\_\_\_
- Have you become more irritable? \_\_\_\_\_
- Are you more short-tempered? \_\_\_\_\_
- Are you more disappointed with people around you? \_\_\_\_\_
- Are you seeing family members and close friends less frequently? \_\_\_\_\_
- Are you too busy to do even routine things like make phone calls or read reports or send cards to friends? \_\_\_\_\_
- Are you experiencing increased physical complaints (aches, pains, headaches, lingering colds)? \_\_\_\_\_
- Do you feel disoriented when the activity of the day comes to a halt? \_\_\_\_\_
- Is joy elusive? \_\_\_\_\_
- Are you unable to laugh at a joke about yourself? \_\_\_\_\_
- Does sex seem like more trouble than it's worth? \_\_\_\_\_
- Do you have very little to say to people? \_\_\_\_\_

**Calculate:** \_\_\_\_\_

The interpretation 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 Adrenal Exhaustion..**

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.