



# DETERMINE YOUR LEVEL OF BURN-OUT

Think back over the past six months to answer the following questions. Your score will help you in determining if you are on your way to "burn-out".

| YES | NO | SYMPTOMS   |
|-----|----|--|
|     |    | 1. Do you feel generally more fatigued and less energetic?   |
|     |    | 2. Do you feel loss of a sense of satisfaction about your performance?   |
|     |    | 3. Are you working harder and harder but accomplishing less?   |
|     |    | 4. Do you feel more cynical and disenchanted with your work and the people at work?                                    |
|     |    | 5. Are you getting more irritable, angry, and short-tempered with the people around you?                               |
|     |    | 6. Are you seeing close friends and family members less frequently?  |
|     |    | 7. Are you having more than your share of physical complaints such as body aches, pains, headaches, colds, or the flu? |
|     |    | 8. Do you feel that you just don't have anything more to give to people?   |
|     |    | <b>TOTALS</b>  |

**Scoring:** If you answered "yes" to more than five of these questions, you are in the early stages of burn-out. Any more than two "yes" answers indicates that you should watch yourself; you may be starting the burn-out process.

**EMPAC, Inc.**  
300 W. Douglas, Suite 930  
Wichita, KS 67202  
316-265-9922