

Burnout Test

By Bill Gaultiere

91% of pastors say they have experienced some degree of burnout and 19% say they are fried to a crip right now. (See "Pastor Stress Statistics" on SoulShepherding.org.) In any kind of work or life role we can burnout. Chronically overworking and absorbing too much stress leads to burnout, especially when combined with discouragement or underlying depression. This survey helps you to see if maybe you overwork or relate to your work in unhealthy ways. "Work" refers not just to paid employment, but also things like ministry, doing projects, helping people, and taking on responsibilities.

Instructions

Answer each question below with "yes" (mostly true for you) or "no" (mostly *not* true for you). Then circle each "yes" answer:

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|--|---|---|
| 1. Do you keep thinking about what you're working on during free moments or while going to bed? | Y | N |
| 2. When you are interrupted in the middle of a project do you get irritated? | Y | N |
| 3. Do you feel restless or guilty if you're not working on something? | Y | N |
| 4. Do you get so focused on your goal that you don't enjoy the process? | Y | N |
| 5. Do you put yourself under pressure with self-imposed deadlines? | Y | N |
| 6. When you're not accomplishing something productive do you feel inadequate? | Y | N |
| 7. Do you take on more than your share of responsibility because you don't want people to think poorly of you? | Y | N |
| 8. Are you overworking to please someone or avoid their anger? | Y | N |
| 9. In the last two months has working long hours hurt your family or friends? | Y | N |
| 10. When you don't succeed do you feel bad about yourself? | Y | N |
| 11. Do you put more thought and energy into your work than your relationships? | Y | N |

12. Do you often feel pressured to take on more work than you have time for?	Y	N
13. Is your work the thing that most excites you?	Y	N
14. Are you discouraged that your work is not going as well as you want?	Y	N
15. Do you need to succeed at what you're working on to feel significant?	Y	N
16. Do you tend to feel insignificant or empty if you're not working?	Y	N

Scoring Your Test

If you have five or more yes answers then you may be working compulsively. If you have nine or more yes answers then you may be a workaholic (overworking to feel significant or more alive) and at risk of stress overload or burnout.