



Burnout Self-Assessment

“Am I Tired or Am I Burned Out?”

**Please take a few minutes to examine whether you may be experiencing burnout.
We can help ourselves only if we are honest with ourselves.**

(Rating: 10—Extremely; 5—Partially; 1—Not At All)

1. I feel hopeless and trapped in ministry/pastorate. _____
2. I am restless and have difficulty relaxing or sleeping. _____
3. I am constantly tired (a little more than usual). _____
4. I hate to get out of bed and dread going to work. _____
5. I am bored with my duties, leaders, and church members. _____
6. I am easily irritated and have little patience with people. _____
7. I am cynical about the church, people, vocation, and denomination. _____
8. I want to change my daily routine, yet I feel threatened by change. _____
9. I feel that I lack control over my church circumstances. _____
10. I have difficulty concentrating on specific tasks. _____
11. I feel withdrawn because working with problems (solving seems futile). _____
12. I occupy myself with trivial activities to escape more important responsibilities. _____
13. I used to care about others, but now I'm too preoccupied with my own health, sanity, and career. _____
14. I doubt that I really make a difference to my church members, leaders, friends, and family. _____
15. I have lost my professional and personal confidence. _____
16. I put off making decisions because they seem overwhelming. _____
17. I don't want to hear about anyone else's problems. _____
18. I feel I have nothing more to give. _____

- 19. I am just going through the motions-waiting for change (move or retirement). _____
- 20. I've lost my sense of purpose or enthusiasm about my ministry. _____
- 21. I often use phrases as, "I don't care anymore" or "why bother, it won't make a difference anyway." _____
- 22. I am highly critical of others. My self-esteem is low. _____
- 23. I use personal days a lot just to get away from the church, people, ministry. _____
- 24. My social involvement has decreased both on and off the job. _____
- 25. I frequently complain and despair over problems. _____
- 26. I am now using substances as an escape. _____

Tally Results

260-240: Level D (Burnt Out)

239-219: Level C (Bordering on Burn Out)

218-198: Level B (Transitioning Beyond Tiredness)

197-Below: Level A (Burn Out Isn't An Issue, but Need to Do Some Rearrangements)

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