

Identify Your Burnout Traits

There are seven responses to work burnout. Some will constantly apply to you, others rarely, and some never at all. If you suspect you're experiencing work burnout, read each trait and check the appropriate box. Next, try to identify the reason for this behavior.



1. Perfectionism (Everything must be perfect.)

Never Rarely Occasionally Usually Constantly
Reason _____

2. Too Unselfish (Own needs aren't important)

Never Rarely Occasionally Usually Constantly
Reason _____

3. Too Passive (I won't make waves.)

Never Rarely Occasionally Usually Constantly
Reason _____

4. Ostrich (Ignore the problem.)

Never Rarely Occasionally Usually Constantly
Reason _____

5. Workaholic (Over-compensates)

Never Rarely Occasionally Usually Constantly
Reason _____

6. Scapegoat (It's someone else's fault.)

Never Rarely Occasionally Usually Constantly
Reason _____

7. Guilt Trip (I should be superman or superwoman.)

Never Rarely Occasionally Usually Constantly
Reason _____