

# BURNOUT PROTECTION PROFILE



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THIS INSTRUMENT WILL HELP YOU TO DETERMINE HOW WELL you are protecting yourself from the “stress of life.” It will give you a chance to see how your attitudes, beliefs, and behaviors are making you resistant or prone to burnout. For each of the following statements, please rate your typical reaction using the scale below:

**3 = almost always true**

**2 = somewhat true**

**1 = rarely true**

1. I feel effective at work. \_\_\_\_\_
2. I feel successful at my job. \_\_\_\_\_
3. I have a strong sense of well being. \_\_\_\_\_
4. I accept responsibility for what happens to me. \_\_\_\_\_
5. I accept others and myself without judgment or conditions. \_\_\_\_\_
6. I have a number of viable alternatives for each problem. \_\_\_\_\_
7. I am devoted to others; God, colleagues, customers, family, etc. \_\_\_\_\_
8. My life has meaning and direction. \_\_\_\_\_
9. I have handled past crises well and in creative ways. \_\_\_\_\_
10. I rarely feel cheated or disappointed in life. \_\_\_\_\_
11. I have already attained some long-term goals. \_\_\_\_\_
12. I am pleased with my personal growth and development. \_\_\_\_\_
13. I have a good sense of inner peace. \_\_\_\_\_
14. My love relationships are mutual. \_\_\_\_\_
15. I am cheerful, fun to be around, and know how to laugh. \_\_\_\_\_
16. I have many friends. \_\_\_\_\_
17. I am not “thin-skinned.” \_\_\_\_\_
18. I handle interpersonal conflict well. \_\_\_\_\_
19. I am free from emotional immobility. \_\_\_\_\_
20. I have the ability to be “creatively alive” at every moment. \_\_\_\_\_

**Total your score and check the following table to determine if you are protected from potential burnout:**

- 45—60: You have a positive attitude and belief system and with continued awareness should remain protected from burnout.
- 30—45: Be aware of those attitudes and behaviors that may bring you down. Life’s stressors have the potential to burn you out.
- 20—30: You are probably experiencing burnout. Please review your attitudes, beliefs, and behaviors and seek assistance and support as necessary.

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Commonwealth of Virginia Employee Assistance Program

