



Pierrette Desrosiers  
PSYCOACHING

Cultivate  
the best  
in people  
and harvest  
success  
in business



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## Questionnaire - BURNOUT EVALUATION

For each statement please indicate whether during the past year these dimensions have changed.

**RATE YOUR ANSWERS BY THIS SCALE :**

**NO CHANGE ... 0 1 2 3 4 5 ... MUCH CHANGE**

1.	Do you get tired easy? Do you feel worn out?	
2.	Do you get upset when people tell you, "You don't look so good lately"?	
3.	Are you working harder and harder and feel like you're getting nothing done?	
4.	Are you more sarcastic and disappointed in the world around you?	
5.	Are you sad a lot and don't know why?	
6.	Are you more forgetful (missing doctor visits, losing things)?	
7.	Are you grumpy? More short-tempered? Do you expect more and more from the people around you?	
8.	Are you spending less time with your friends and family?	
9.	Are you too busy to do everyday things (make phone calls, send out cards)?	
10.	Do you always feel bad or are you sick all the time?	
11.	Do you feel confused at the end of the day?	
12.	Do you have trouble feeling happy?	
13.	Are you unable to laugh at a joke about yourself?	
14.	Does sex seem like more trouble than it's worth?	
15.	Do you have very little to say to people?	
	<b>Total</b>	