These questions may give you an idea of how heavily you’re experiencing burnout. Rate your response to each question on a scale from 1 to 5. (1 = Doesn’t describe me at all. 5 = Describes me very accurately.)

|  |  |
| --- | --- |
| I’m exhausted much of the time, and rest doesn’t seem to help much. |  |
| I don’t get as much satisfaction from ministry as I used to. |  |
| Most mornings, I dread beginning my ministry responsibilities. |  |
| I feel like a failure in the ministry. |  |
| I don’t sleep as well as I used to; or I’m sleeping more than I used to. |  |
| It’s more and more difficult for me to deal with people’s problems. |  |
| I have more difficulty making decisions than I used to. |  |
| I get very frustrated when things don’t go well in the ministry. |  |
| More and more, I find myself thinking about leaving The Navigators. |  |
| I feel greatly bothered or guilty about ministry responsibilities not done or not done well. |  |
| I get angry and/or irritable more easily than I used to. |  |
| I often feel a sense of emptiness and depletion, as if I have nothing more to give. |  |
| The ministry gives me very little or no joy. |  |
| I’m concerned that I won’t be able to last much longer in the ministry. |  |
| It’s getting more and more difficult to do some aspects of the ministry. |  |
| I struggle with feeling pressure to perform and succeed. |  |
| **TOTAL** |  |

**ASSESSING YOUR LEVEL OF BURNOUT**

|  |  |
| --- | --- |
| 15-29 | You probably don’t have a problem with burnout. |
| 30-49 | You may be experiencing mild to moderate burnout. |
| 50-64 | You may be suffering significant burnout. |
| 65-75 | You may be in serious trouble. |

Adapted from a similar *Burnout Inventory* prepared by Ken Williams, Ph.D., Wycliffe Bible Translators, Inc.