

# Your Burnout Warning Signs

Will you burn out in private practice? The question reveals a hidden assumption that burnout is a dichotomous variable: either present or absent. But it isn't. Burnout exists on a continuum. Consequently, you can use your own signs of burnout as welcome warning signs that you need to adjust something in your work life.

So: Think of a time when you have been closest to burnout: exhausted, disliking your work, not wanting to go in to the office. In fact, think of two. When did they happen, and what was the job?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

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Now do some analysis. What seems to have led to the feeling of being overwhelmed and unmotivated? What were the external factors? Too many committees? Too many clients in a week? Troubles at home? Too much of one type of work? Use the occasions you listed above, and consider other times when you felt yourself sliding. List as many as you can. (Use additional paper if necessary.)

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