

# ANXIETY & BURNOUT QUESTIONNAIRE

- \_\_\_\_\_ 1. You are wired at night, can't fall asleep until after midnight
- \_\_\_\_\_ 2. In the morning you need to set more than one alarm to wake up
- \_\_\_\_\_ 3. Under stress you tremble, chest tightens, feel panic, or get completely overwhelmed
- \_\_\_\_\_ 4. No matter what you do you can't seem to unwind and relax
- \_\_\_\_\_ 5. You get sick frequently and often feel you're "battling something"
- \_\_\_\_\_ 6. You eat meals and are hungry again within an hour or never get full
- \_\_\_\_\_ 7. Your body carries weight around the middle, under your chin, and/or top of thighs
- \_\_\_\_\_ 8. When you don't eat, you get really hungry or feel anxious
- \_\_\_\_\_ 9. Your sex drive is non-existent, the mojo is gone
- \_\_\_\_\_ 10. When you expend yourself physically, you run out of gas quickly
- \_\_\_\_\_ 11. Out of nowhere you've developed allergies and sensitivities to food & environment
- \_\_\_\_\_ 12. Your body always seems to run hot or cold
- \_\_\_\_\_ 13. It takes a half a pot of coffee or 3 Mountain Dews to wake up for the day
- \_\_\_\_\_ 14. From 3 pm to 5 pm in the afternoon you can barely keep your eyes open
- \_\_\_\_\_ 15. Family, friends, and clients drive you nuts and you've lost patience dealing with them
- \_\_\_\_\_ 16. You constantly crave foods like salt, sugar, protein, fat, bread, and/or alcohol
- \_\_\_\_\_ 17. Your ears or private areas itch
- \_\_\_\_\_ 18. Even if you starve yourself, you cannot lose weight
- \_\_\_\_\_ 19. If you get up quickly from sitting or lying down, you get light headed or dizzy
- \_\_\_\_\_ 20. You can't think straight or remember things and are wondering if you've developed ADD

Up to 7 - You can easily stop the burnout process taking a few simple measures.  
7 to 14 - Uh oh – you'd better do something quick because your ship is sinking.  
15 to 20 - You're in deep doo-doo and you must act quickly to save your behind.