

Interpreting the Overload Assessment

What you have completed is not a scientific assessment. It does draw from broadly available literature on the topic of burnout and it will help you evaluate your current circumstances and take any action that you feel is needful. It can also provide you with discussion points if you contact us and have a conversation.

- 40 - 60** Blue sky for you. A coach will assist you to reach for your dreams and avoid the thinking, attitudes and actions that can lead to burnout. Be proactive and build the margins you need in life to be your best.
- 60 - 120** You're doing alright now, but areas of your life are approaching overload. Work with your coach on exploring whether this is your doing or whether you are accepting pressure from the outside. Take action and you'll be fine.
- 120 - 180** You're running in the red. If you don't make some major changes you are a prime candidate for burnout. Work with your coach on lifestyle, beliefs about yourself and work issues. Bring your life back into balance.
- 180 - 200** You may be in serious trouble. Work with your coach to make immediate changes, or talk about getting clinical help if needed.

If you scored between 120 and 200 there is real reason for concern ... and action! CALL ME RIGHT AWAY! Work with me to make some intentional changes NOW.

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Overload Assessment www.gewood.com

Overload is not burnout. Overload is a stage somewhere between increasing stress and burnout. A person in continuing overload is moving dangerously closer to burnout and the physical, emotional and mental turmoil that can follow. This is not a scientific assessment; however it will help you evaluate your current circumstances.

Directions:

1. Print out the form.
2. Circle the number that most closely describes which side of the list best describes you. For example, if you circle "1" beside optimistic about the future, you feel much more optimistic than you feel trapped. If you circle "5" you definitely feel trapped and don't feel optimistic at all.
3. Add up your total and evaluate your results on our website. Click on the Overload Assessment button.

Note: If you scored high on the assessment don't wait long to take action to avoid overload. You may be jeopardizing your emotional, physical and spiritual well-being.

Optimism about the future	1 2 3 4 5	Feeling of being trapped
Enjoy talking about what I'm doing	1 2 3 4 5	Talking to people is a chore
Look forward to phone calls	1 2 3 4 5	Hate to hear the phone ring
Believe I can encourage and inspire	1 2 3 4 5	Believe people just don't care
I never argue with anyone	1 2 3 4 5	Always at odds with somebody
I enjoy getting to my work	1 2 3 4 5	Must push myself to work
Feel up and come across animated	1 2 3 4 5	Feel down and perform for others
Shared sense of excitement with my spouse	1 2 3 4 5	Relationship is drained or strained
Positively respond to requests	1 2 3 4 5	Feel others are just using me
Thrive on others encouragement	1 2 3 4 5	Feel others have abandoned me
I like being with people	1 2 3 4 5	People are an interruption
I can handle the hours	1 2 3 4 5	There are never enough hours
A day off is a real boost	1 2 3 4 5	Even a holiday wouldn't do it
People admire me for my initiative	1 2 3 4 5	I perceive talking behind my back
I can work through this	1 2 3 4 5	I want to run
I feel energized physically	1 2 3 4 5	Tired seems permanent
I have healthy, normal emotions	1 2 3 4 5	I suddenly feel like crying
I have a positive attitude to daily life	1 2 3 4 5	It's hard not to be completely negative
I'm easy to get along with	1 2 3 4 5	I snap back at people
I'm fun to be with	1 2 3 4 5	I'm no fun to be around
I enjoy sexual intimacy with my spouse	1 2 3 4 5	I don't feel like it
I don't talk much about others	1 2 3 4 5	I'm critical of almost everyone
I'm conscientious about what I do	1 2 3 4 5	Who cares?
I have interests and hobbies	1 2 3 4 5	I just crash, no interest
I go to bed relaxed	1 2 3 4 5	My mind races for hours
My body usually feels pretty good	1 2 3 4 5	Something strange is happening
I calmly go through my day	1 2 3 4 5	I have a panic feeling about things
I know I play an important role	1 2 3 4 5	I feel worthless and useless
I'm a good worker	1 2 3 4 5	My performance is way down
Tomorrow will be OK	1 2 3 4 5	There is no hope for tomorrow
My memory is sharp	1 2 3 4 5	I even forget simple things
I make good on the spot decisions	1 2 3 4 5	I can't focus to make a decision
Not many aches and pains	1 2 3 4 5	Unexplained aches and pains
I have no addiction related problems	1 2 3 4 5	I need something to feel up
I can handle disappointments	1 2 3 4 5	I feel angry and someone should pay
Life is great	1 2 3 4 5	Escape and suicide thoughts
I maintain high personal standards	1 2 3 4 5	I transgress my personal standards
My conscience is clear	1 2 3 4 5	Guilt plagues me
God feels near	1 2 3 4 5	God feels distant and uninterested
Evenings are unstructured	1 2 3 4 5	I work four or more nights per week