



Checklist

The 10 Phases of Burnout



- ☐ A compulsion to prove ones worth.
- ☐ Working harder and longer, but less productive.
- ☐ Neglecting ones own needs.
- ☐ In conflict with others, but don't know why.
- ☐ In denial. Blame all problems on work and limited time.
- ☐ Obvious behaviour changes. Quiet, late for work...
- ☐ A feeling of emptiness - feeling numb. May resort to overeating, drinking or drug abuse.
- ☐ Withdrawal - feeling of failure, worthlessness, not good enough.
- ☐ Depression - Exhaustion, loss of interest in anything, poor sleep, panic, bleak view of future.
- ☐ Complete breakdown - Unable to function, thoughts of self-harm.