

BURNOUT AUDIT

Rate where you actually are on the burnout spectrum, in categories instead of vibes. Baseline before intervention, because you can't treat what you haven't measured. Built for helpers, caregivers, and anyone whose "I'm fine" has stopped being reliable data.

01 // WHAT THIS IS

THREE DIMENSIONS, RATED SEPARATELY

This worksheet walks through exhaustion, cynicism, and reduced effectiveness separately, so you get a structured baseline of where you actually are, instead of a vague sense that things are bad.

02 // HOW TO USE IT

- 1. Answer for right now.** Not for how you think you should be doing, and not for a bad week two months ago. The current baseline.
- 2. Rate each dimension separately.** Exhaustion, cynicism or detachment, and effectiveness can all be at different levels at the same time.
- 3. Note what's driving each one.** A line or two on the likely source of each dimension, if you can identify it.
- 4. Revisit every few months.** Burnout moves. A single audit is a snapshot, not a diagnosis that holds forever.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

This is a baseline tool, not a diagnosis. If exhaustion, cynicism, or reduced effectiveness are severe, sudden, or come with thoughts of self-harm, that's beyond what a worksheet can hold. This supports self-tracking and conversations with a supervisor or clinician; it isn't a substitute for working with a licensed clinician.

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BURNOUT AUDIT

DATE

WORK / CARE CONTEXT

01 // CURRENT BASELINE

Exhaustion

Physical and emotional depletion.
Rate 0-10.

0	1	2	3	4	5	6	7	8	9	10
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What's feeding this

Cynicism / Detachment

Distance from the work or people you
used to feel connected to. Rate 0-
10.

0	1	2	3	4	5	6	7	8	9	10
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What's feeding this

Reduced Effectiveness

Whether your sense of doing the work
well has slipped. Rate 0-10.

0	1	2	3	4	5	6	7	8	9	10
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What's feeding this

02 // WHAT NEEDS ATTENTION FIRST?
