



FREE RESOURCE · BURNOUT

# The Burnout Self-Assessment

*A guided reflection to help you see clearly what  
you may have been too close to see.*

---

Seven dimensions · Fifteen minutes · Complete honesty

# There is a kind of exhaustion that sleep does not fix.

You may still be functioning. Still meeting demands. Still holding things together for everyone around you. And yet something has quietly shifted.

This is not a diagnosis, and not a test you can fail. It is a mirror — offered honestly, without judgement.

Burnout is rarely uniform. Most people are depleted in some areas while remaining resourced in others. Knowing which dimensions are most affected is what makes recovery precise rather than generic. And precision is what makes it work.

Set aside fifteen quiet minutes. Answer honestly, not aspirationally.

*What you find here is  
information. Never verdict.*

## HOW TO USE THIS

For each statement, rate how true it has felt over the past month.

0 Rarely or never    1 Occasionally    2 Frequently    3 Almost constantly

*Add your scores at the end of each dimension.*

## Where is your system carrying the most weight?

### 01 Physical

*The depletion of the body's energy reserves*

|                                                             |                      |
|-------------------------------------------------------------|----------------------|
| I wake up tired, even after enough sleep.                   | <input type="text"/> |
| My body feels heavy, achy or tense much of the time.        | <input type="text"/> |
| I get ill more often than I used to.                        | <input type="text"/> |
| I rely on caffeine or sugar to get through the day.         | <input type="text"/> |
| My sleep is disrupted or difficult.                         | <input type="text"/> |
| Activity that once felt manageable now feels like too much. | <input type="text"/> |
| TOTAL · OUT OF 18                                           | <input type="text"/> |

### 02 Mental

*Cognitive overload and depleted thinking capacity*

|                                                        |                      |
|--------------------------------------------------------|----------------------|
| I struggle to concentrate, even on things that matter. | <input type="text"/> |
| I reread the same thing without absorbing it.          | <input type="text"/> |
| Simple decisions feel disproportionately difficult.    | <input type="text"/> |
| I forget things I would normally remember easily.      | <input type="text"/> |
| My mind feels foggy, slow or cluttered.                | <input type="text"/> |
| I feel mentally switched off when I need to be sharp.  | <input type="text"/> |
| TOTAL · OUT OF 18                                      | <input type="text"/> |

### 03 Emotional

*The depletion of emotional capacity and resilience*

|                                                              |                      |
|--------------------------------------------------------------|----------------------|
| I feel emotionally flat, numb or distant from my feelings.   | <input type="text"/> |
| Small things provoke reactions that feel out of proportion.  | <input type="text"/> |
| I have little emotional capacity left for the people I love. | <input type="text"/> |
| I feel a heaviness I cannot fully explain.                   | <input type="text"/> |
| I suppress what I feel because there is no space for it.     | <input type="text"/> |
| I feel more cynical or detached than I used to.              | <input type="text"/> |
| TOTAL · OUT OF 18                                            | <input type="text"/> |

## 04 Social

*Depletion from interaction, masking and expectation*

|                                                              |                      |
|--------------------------------------------------------------|----------------------|
| Social interaction drains me, even with people I care about. | <input type="text"/> |
| I perform a version of myself rather than being myself.      | <input type="text"/> |
| I want to withdraw or cancel more than I want to attend.     | <input type="text"/> |
| I feel resentment toward people who need something from me.  | <input type="text"/> |
| I say yes when I want to say no, and then regret it.         | <input type="text"/> |
| I feel alone, even when surrounded by others.                | <input type="text"/> |
| TOTAL · OUT OF 18                                            | <input type="text"/> |

## 05 Sensory

*Overstimulation from noise, screens, light and chaos*

|                                                                 |                      |
|-----------------------------------------------------------------|----------------------|
| Noise, light or crowds feel more overwhelming than before.      | <input type="text"/> |
| I feel agitated or tense in busy environments.                  | <input type="text"/> |
| I crave silence, darkness or stillness.                         | <input type="text"/> |
| Screens leave me depleted rather than informed.                 | <input type="text"/> |
| I feel uncomfortable in places I once tolerated easily.         | <input type="text"/> |
| I reach for my phone compulsively, even when it worsens things. | <input type="text"/> |
| TOTAL · OUT OF 18                                               | <input type="text"/> |

## 06 Creative

*Constant output without space for input or inspiration*

|                                                              |                      |
|--------------------------------------------------------------|----------------------|
| Ideas that once came easily now feel forced or absent.       | <input type="text"/> |
| I dread tasks requiring problem-solving or originality.      | <input type="text"/> |
| I am in permanent output mode, with no space to receive.     | <input type="text"/> |
| Things that used to inspire me no longer move me.            | <input type="text"/> |
| I have stopped making time for anything creative or playful. | <input type="text"/> |
| I repeat myself rather than generate anything new.           | <input type="text"/> |
| TOTAL · OUT OF 18                                            | <input type="text"/> |

# 07 Purpose

*The loss of meaning, direction and connection*

|                                                                 |                      |
|-----------------------------------------------------------------|----------------------|
| I question whether what I do actually matters.                  | <input type="text"/> |
| I feel disconnected from why I started this in the first place. | <input type="text"/> |
| I go through the motions without feeling present in my life.    | <input type="text"/> |
| I struggle to imagine a future that genuinely excites me.       | <input type="text"/> |
| I feel like I am living someone else's version of my life.      | <input type="text"/> |
| I have lost touch with what I actually value.                   | <input type="text"/> |
| TOTAL · OUT OF 18                                               | <input type="text"/> |

## YOUR RESULTS

Bring your scores together.

| DIMENSION                  | SCORE                |
|----------------------------|----------------------|
| Physical                   | <input type="text"/> |
| Mental                     | <input type="text"/> |
| Emotional                  | <input type="text"/> |
| Social                     | <input type="text"/> |
| Sensory                    | <input type="text"/> |
| Creative                   | <input type="text"/> |
| Purpose                    | <input type="text"/> |
| Overall total · out of 126 | <input type="text"/> |

# What the numbers are telling you.

---

## READING EACH DIMENSION

### 0 – 5 · Resourced

This dimension is well supported. Your system has capacity here. This is a genuine strength to build from.

### 6 – 11 · Under strain

Early signs of depletion. Early signals are valuable — attention here now is far easier than restoration later.

### 12 – 18 · Significantly depleted

This dimension is carrying substantial load. Your system is asking for something, clearly and persistently. This is information, and it deserves to be taken seriously.

---

## READING YOUR OVERALL TOTAL

### 0 – 30 · Resourced

Your system is coping well. Individual dimensions may warrant attention, but the foundation is sound.

### 31 – 60 · Chronic strain

You are functioning, but at a cost. This is where stress becomes something more persistent — and where support makes the greatest difference.

### 61 – 90 · Sustained depletion

Your system has operated without adequate recovery for some time. What you are experiencing is real, measurable and worthy of genuine support.

### 91 – 126 · Severe depletion

Your system is signalling urgently. Please treat this with the seriousness it deserves. Support is not a luxury here — it is necessary, and it is available.

# Three things worth noticing.

---

## YOUR HIGHEST SCORE

This is where your system is most depleted, and usually where recovery must begin. It is rarely random. It often points directly to the conditions in your life that are asking to be understood and redesigned.

---

## YOUR LOWEST SCORE

This is a resource. An island of competence — an area where your system still has capacity. Recovery never builds from nothing. It builds from what is already working. This is your foundation.

---

## THE PATTERN, NOT THE NUMBERS

Burnout moves through systems. Physical exhaustion depletes emotional capacity. Emotional exhaustion erodes social connection. Social withdrawal deepens the loss of purpose. How your dimensions relate to one another tells you more than any single score.

---

## A REFLECTION

Sit with these.  
There are no correct answers.

*If your body could speak, what has it been trying to tell you?*

---

---

*What have you been calling normal that perhaps is not?*

---

---

*What is one condition that, if it changed, would change everything?*

---

---

WHAT COMES NEXT

# Seeing clearly is not the end of the work. It is where it begins.

What you have found here is information about a system that adapted, with extraordinary loyalty, to conditions that asked too much for too long.

That adaptation is not a flaw. It is intelligence. And intelligence, once understood, can evolve.

*Burnout is not a signal that  
you are broken. It is a signal  
that something truer is  
ready to emerge.*

BOOK YOUR EXPLORATORY SESSION

45 minutes · No commitment · Online globally or in person in Lisbon

ReHuman Lab

WHOLE BY DESIGN. HUMAN BY NATURE.

rehumanlab.com · info@rehumanlab.com

© 2026 ReHuman Lab. This assessment is a reflective tool and does not constitute a clinical diagnosis. If you are experiencing significant distress, please seek support from a qualified healthcare professional.