YOUR ANSWERS. YOUR PERSPECTIVE.

Burnout

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 21 / 21 | 4 PROFILE AREAS

1

Work-related exhaustion

You describe limited energy before, during or after work. This concerns your experience of working life; the answers do not explain what causes the tiredness.

2

Emotional distance from work

You describe distance from work topics and less enjoyment in successful steps. Tasks or encounters that once engaged you appear to reach you less at present. Some responses differ substantially from this direction.

3

Individual responses matter

Emotional distance from work: Scored responses range from 2 to 5/5 (items 9 & 10).

Your first small step

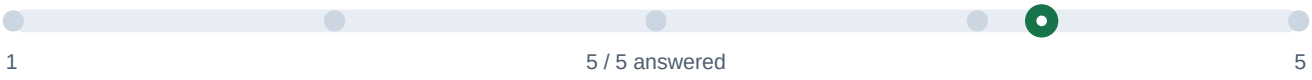
Which task still interests you, and which leaves you more detached? Describe the difference as concretely as possible.

02 / YOUR REPORT

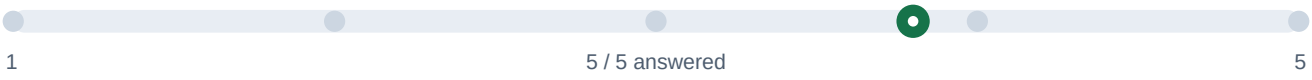
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

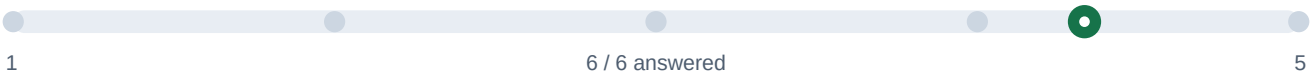
Work-related exhaustion **4.2 / 5**



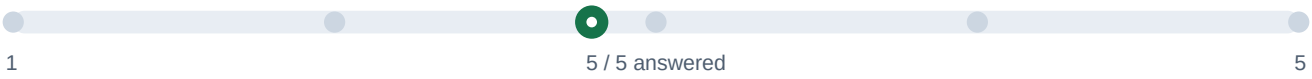
Emotional distance from work **3.8 / 5**



Demands and room to act **4.3 / 5**



Switching off and recovery **2.8 / 5**



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The results show how you describe energy, distance from work, demands and recovery. They can identify practical points of friction but cannot establish burnout or explain causes of exhaustion.

Your result in words

Work-related exhaustion: You describe limited energy before, during or after work. This concerns your experience of working life; the answers do not explain what causes the tiredness.

Emotional distance from work: You describe distance from work topics and less enjoyment in successful steps. Tasks or encounters that once engaged you appear to reach you less at present.

Emotional distance from work: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 9: In work-related interactions, I notice that I am less emotionally available. | Mostly untrue

Item 10: A good exchange at work can still noticeably spark my interest. | Not at all true

Consider a possible everyday situation

Which task still interests you, and which leaves you more detached? Describe the difference as concretely as possible.

04 / YOUR REPORT

Work-related exhaustion

Trace your responses and connect them with everyday situations.

This area describes your reported energy in relation to work. It does not establish a cause of exhaustion.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe limited energy before, during or after work. This concerns your experience of working life; the answers do not explain what causes the tiredness.

Scale direction: less reported exhaustion / more reported exhaustion.

Two concrete responses

Item 3: During work, I notice my attention fading more quickly.

Your response: Partly true

Item 5: My energy is generally sufficient for the usual demands of my working day.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Compare two working days: when did you feel especially drained, and when less so? What observable differences were there?

When does this fit me - and when does it not?

05 / YOUR REPORT

Emotional distance from work

Trace your responses and connect them with everyday situations.

These statements concern your interest and inner connection to work. Greater distance can have different meanings and is not a judgement of character.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe distance from work topics and less enjoyment in successful steps. Tasks or encounters that once engaged you appear to reach you less at present.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: more reported connection / more reported emotional distance.

Two concrete responses

Item 9: In work-related interactions, I notice that I am less emotionally available.

Your response: Mostly untrue

Item 10: A good exchange at work can still noticeably spark my interest.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Which task still interests you, and which leaves you more detached? Describe the difference as concretely as possible.

When does this fit me - and when does it not?

06 / YOUR REPORT

Demands and room to act

Trace your responses and connect them with everyday situations.

This area concerns your relationship to demands, interruptions and influence. The responses do not rate your actual work performance.

Your response value **4.3 / 5**



What this means in practice

You describe tasks, interruptions or expectations exceeding the room available to manage them. This concerns the balance between demands and influence, not a lack of effort.

Scale direction: more reported room to act / less reported room to act.

Two concrete responses

Item 15: Unclear expectations occupy me beyond the tasks themselves.

Your response: Partly true

Item 14: I can help set realistic priorities in my working day.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Write down one recurring demand and distinguish what you can influence from what lies outside your control.

When does this fit me - and when does it not?

07 / YOUR REPORT

Switching off and recovery

Trace your responses and connect them with everyday situations.

This area describes transitions between work and time off, and your perceived recovery. It makes no statement about medical causes of sleep or energy difficulties.

Your response value **2.8 / 5**



1 5 / 5 answered 5

What this means in practice

Your answers fall between “easier reported recovery” and “more difficult reported recovery”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: easier reported recovery / more difficult reported recovery.

Two concrete responses

Item 17: Thoughts about work stay with me long into my time off.

Your response: Mostly untrue

Item 19: I find it hard to stop being available for work for a while.

Your response: Mostly true

A prompt for further reflection

Consider one evening after work: what still belonged to work, and when did time off begin for you?

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Work-related exhaustion

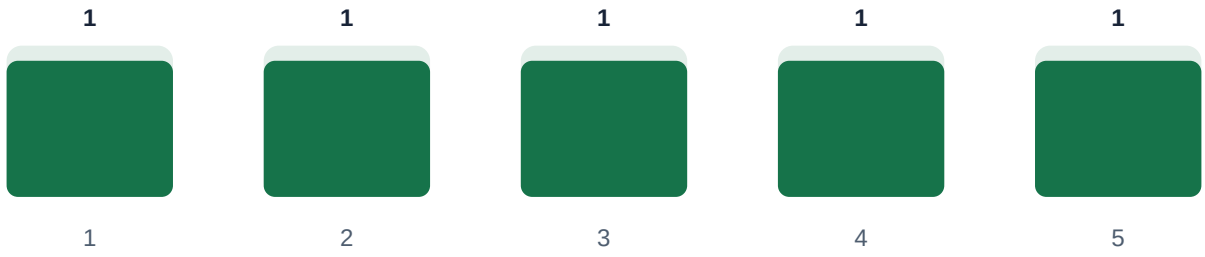
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Emotional distance from work. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Which task still interests you, and which leaves you more detached? Describe the difference as concretely as possible.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

This questionnaire contains original statements that have not been clinically validated. It is neither the Maslach Burnout Inventory nor another licensed burnout scale. The summary describes your current experience of work and does not establish burnout. It does not distinguish possible physical, psychological or external causes of exhaustion. Scores make no judgement about capacity for work or occupational fitness.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I often feel poorly rested before the working day begins.**	Work-related exhaustion | Mostly true
2	**After work, I lack energy for things that normally matter to me.**	Work-related exhaustion | Very true
3	**During work, I notice my attention fading more quickly.**	Work-related exhaustion | Partly true
4	**I regularly have periods at work when I feel energetic.**	Work-related exhaustion | Mostly untrue | reverse-scored
5	**My energy is generally sufficient for the usual demands of my working day.**	Work-related exhaustion | Not at all true | reverse-scored
6	**Work topics that once interested me currently leave me rather indifferent.**	Emotional distance from work | Partly true
7	**I find it difficult to feel pleased about a successful step at work.**	Emotional distance from work | Very true
8	**I can usually see something personally meaningful in my work.**	Emotional distance from work | Mostly untrue | reverse-scored
9	**In work-related interactions, I notice that I am less emotionally available.**	Emotional distance from work | Mostly untrue
10	**A good exchange at work can still noticeably spark my interest.**	Emotional distance from work | Not at all true | reverse-scored
11	**The amount of work I have seems greater than the time available.**	Demands and room to act | Very true
12	**Frequent interruptions leave me hardly able to finish anything at work.**	Demands and room to act | Mostly true
13	**I take on extra work even when my capacity is already used up.**	Demands and room to act | Very true
14	**I can help set realistic priorities in my working day.**	Demands and room to act | Not at all true | reverse-scored

Your responses in full / CONTINUED

15 **Unclear expectations occupy me beyond the tasks themselves.**
Demands and room to act | Partly true

16 **When demands conflict, I can usually raise the issue openly.**
Demands and room to act | Mostly untrue | reverse-scored

17 **Thoughts about work stay with me long into my time off.**
Switching off and recovery | Mostly untrue

18 **I skip breaks even though I could use the recovery they offer.**
Switching off and recovery | Partly true

19 **I find it hard to stop being available for work for a while.**
Switching off and recovery | Mostly true

20 **After a period of time off, I usually feel somewhat more restored.**
Switching off and recovery | Partly true | reverse-scored

21 **I have dependable moments when work genuinely pauses for me.**
Switching off and recovery | Mostly true | reverse-scored