

The BURNOUT QUEENS

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BURNOUT > BALANCE > BLISS

WILL YOU BECOME A BURNOUT QUEEN?

Well, why not go ahead and find out. Use our checklist* to find out if you have a BOP factor...a burnout personality! Simply answer 'often - sometimes - never' and find out if you could be on the path to burnout.

O-S-N Are you a 'people pleaser'?

O-S-N Are you idealistic?

O-S-N Are you reliable, dependable, conscientious, and responsible?

O-S-N Do you have stick-to-it-ness, endurance, persistence?

O-S-N Do you worry about doing the 'right' thing?

O-S-N Are you loyal, trustworthy, and caring towards others?

O-S-N Does part of you never feel quite 'good enough'?

O-S-N Do you hold really high standards for yourself?

O-S-N Are you pretty poor at saying 'NO'?

O-S-N Are you a perfectionist?

O-S-N Are you the one that listens to, and does, for others?

O-S-N Are you cooperative more than competitive?

If you answered '*often*' or '*sometimes*' to more than half of these questions you have the makings of a Burnout Queen but don't stop now, see if you recognise yourself in these next questions!

O-S-N Are you told that you're '*too*' serious, intense, emotional, sensitive, or that you think *too* much, worry *too* much, & take things *too* personally?

O-S-N Do you worry about what others think of you?

O-S-N Do physical surroundings affect how you feel? (i.e. smells, lighting, noise, temperature, colour, crowds)

O-S-N If stressed, do you get sweaty, shaky, a racing heart, rapid breathing, or over-heating?

O-S-N Do others easily affect you, overwhelm you or drain you of energy?

O-S-N Are you deeply moved by beauty, nature, art, music, literature?

O-S-N Are you deeply affected by aggressive, violent, and upsetting media?

O-S-N Growing up were you described as shy, sensitive, or highly strung?

O-S-N Do you daydream and linger in your thoughts, ideas, and creativity?

O-S-N Do you have a quirky sense of humour that others don't always 'get'?

O-S-N Do you feel like the *'square peg in the round hole'*?

If this last set of questions had you shouting ***'This is me!'*** there is a good chance you are **Highly Sensitive (an HSP)** and that ups your possibility of burning out. The combination of being Highly Sensitive and having a burnout personality can definitely land you in the burnout trap. You don't want that because Burnout is a serious problem with far reaching consequences.

With a bit of help and know-how you can turn your BOP Factor and being Highly Sensitive from a liability into your crowning asset!

www.theburnoutqueens.com

www.livethesolution.com

*This informal checklist is not a scientific personality quiz. The questions reflect real conversations with our clients about their experiences with burnout and/or being a highly sensitive person, as well as traits, symptoms, and observations generally accepted in current writings and research.