



Breakthrough Self Assessment Questionnaire

Please fill in this form as completely as you can. It will really help you get really clear on how overwhelm / burnout are impacting you in your life and what the next steps towards healing might be.

Section 1 Emotional Impact

This section gets into the heart of the emotional impact these issues have on you.

1. What negative emotions do you feel because of overwhelm / burnout?

You can find a list here:

<https://docs.google.com/document/d/17l4qnBhQ0BuyEKVkrZp4ufqOCHsb-DZdpKqYBmeO8Dw/edit?usp=sharing>

*

2. For each emotion you listed, can you state why overwhelm / burnout make you feel that way? Try to give at least 3 to 5 answers for each emotion... *

3. What positive emotions do you desire, but not feel because of overwhelm / burnout? You can find a list here:

<https://docs.google.com/document/d/14OY6labvCWpZPUbhy9zS6Vvfqdw11vZTwL-i9UsEmhU/edit?usp=sharing>

4. For each emotion you listed, can you state why overwhelm / burnout stop you feeling that way? Try to give at least 3 to 5 answers for each emotion... *

Section 2: Impact on Your Experience of Life

This section digs into how your life is limited or narrowed by your experiences

5. What negative experiences are you having because of overwhelm / burnout? Write as many specific experiences as you can. *

6. For each experience you listed, can you state why overwhelm / burnout cause that experience? Try to give at least 3 to 5 answers for each emotion... *

7. What positive experiences are you not having because of overwhelm / burnout abuse? Use the list of values and ask which are not being fulfilled because of this. Write as many specific experiences as you can. You can find a list of values here:

https://docs.google.com/document/d/1HvSiP-ZFEITQvAHmo0dc1JuOyKHtcW_XYGmdJwOYwCA/edit?usp=sharing

*

8. For each experience you are not having, can you state why overwhelm / burnout stop you having that experience? Try to give at least 3 to 5 answers for each experience... *

Section 3: What You're Doing Now to Make Things Better

9. What are you doing or not doing that's stopping from overcoming overwhelm / burnout? Write as many behaviours / actions as you can. *

10. What do you think you should be doing or not doing that's stopping if you want to overcome overwhelm / burnout? Write as many behaviours / actions as you can. *

Section 4: How You Are in Your Life

11. Without judgement, look at the list of negative characteristics. Which apply to you? List as many as you can:

https://docs.google.com/document/d/1LCHrOayw4mUGFC6NzSReaOXHUaSlpl4WHFADN-pVa_s/edit?usp=sharing

*

12. For each negative characteristic, ask yourself why does overwhelm / burnout cause you to be that way? Try to answer 3 to 5 times for each negative characteristic. *

13. Without judgement, look at the list of positive characteristics. Which would apply to you once you've overcome overwhelm / burnout? List as many as you can. You can find a list here:

https://docs.google.com/document/d/1M78CzIQOCoyGYXB9WM_MWCx-9CUoJzXaHGibwD0Jxxc/edit?usp=sharing

*

14. For each positive characteristic, ask yourself why would overcoming overwhelm / burnout help you to be that way? Try to answer 3 to 5 times for each positive characteristic. *

Section 5: What Results Have You Had?

15. What have you tried and failed at, when it comes to overcoming overwhelm / burnout? Please write as many things as possible. *

16. What are you envious about when it comes to other people who have overcome overwhelm / burnout. Please write as many things as possible. *

Section 6: Your Thoughts About Your Situation

17. Why do you think you haven't already overcome your overwhelm / burnout? Please write as many reasons as possible. *

18. What do you think would happen if you did manage to overcome your overwhelm / burnout?
Please write as many things as possible. *

If you'd like to discuss your responses, please contact me at matt@mattfoxcoaching.com and we can arrange a free session to review what you've uncovered.