

## DEEP RELEASE ANNUAL CONFERENCE : STRESS AND BURNOUT WORKSHOP

	I NEVER DO THIS SCORE 1	I SOMETIMES DO THIS SCORE 2	I FREQUENTLY DO THIS SCORE 3	THIS IS MY DEFAULT SCORE 4	
I repeatedly forgive people who refuse to change					
Not expressing my feelings when I'm upset					
I take on more than I can handle, even when I'm very tired					
I don't stand up for myself when people are disrespectful to me					
I'm passive with my concerns and issues					
I'm a crutch for other people when I'm exhausted					
I always apologise first during a conflict because I can't stand people being upset with me					
I say 'yes' to things and then regret it later					
I go along with things I'm not happy about to avoid creating friction					
I feel pressure to be friendly, nice or cheerful all the time					
I avoid advocating for my own needs by saying I'm fine when I'm not					
<b>COLUMN TOTALS</b>					<b>FINAL SCORE: TOTAL UP THIS ROW</b>

### Understanding your Final Score

- 11 or less**    *You have either worked very hard to be yourself – well done! – or maybe you have become a little inflexible? How do you feel about your score?*
- 22-11**        *Well done on standing up for yourself and knowing your own mind. How did do feel about your score?*
- 12-33**        *You have been honest in acknowledging that you don't like conflict or upsetting people. How do you feel about your score?*
- 34-44**        *You have been very real in identifying significant areas that are causing you stress and leaving you exhausted. How do you feel about your score?*