

The 12 Stages Of Burnout



STAGE 1

You feel there is a strong need to prove yourself



STAGE 2

You keep working harder and harder to achieve this



STAGE 3

You begin to neglect your own needs more



STAGE 4

You are conflicted and blame others or the situation



STAGE 8

Your behavior changes which upsets your loved ones



STAGE 7

You withdraw from social life and your family as well



STAGE 6

You deny the problems that arise due to work stress



STAGE 5

You change your values to focus on work more



STAGE 9

Depersonalization happens, you do not feel like yourself



STAGE 10

You feel empty and numb, substance abuse can occur



STAGE 11

You feel depressed, lost and completely exhausted



STAGE 12

You mentally and physically collapse, full burnout