

Parent Burnout Assessment

Recognise, understand, and begin to address the very real experience of parent burnout — before it costs you and your children more.

Name: _____ Date: _____ Clinician: _____

About parent burnout: Parent burnout is a state of chronic exhaustion, emotional distancing from your children, and loss of parenting efficacy. It is real, it is common, and it is not a sign of failure. It is a sign that you have been giving too much for too long without adequate support or replenishment.

BURNOUT ASSESSMENT

	Never	Rarely	Sometimes	Often	Always
I feel exhausted at the thought of another day of parenting	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel emotionally distant from my child/children	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am doing the minimum required — I have nothing left for connection	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I am failing as a parent	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find myself escaping (phone, sleep, substances) more than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel resentment toward my children that frightens me	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have lost pleasure in moments of parenting that used to bring me joy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel completely alone in the demands of parenting	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My own needs have been unmet for so long I have forgotten what they are	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am snapping, shouting, or withdrawing more than I want to	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

UNDERSTANDING MY BURNOUT

Contributing factors to my burnout (demands, isolation, support gaps):

What I have been going without for too long:

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The last time I felt like a "good enough" parent — what was different then?

REFLECTION & INTEGRATION

One demand I can reduce or ask for help with this week:

One thing I can do for myself in the next 48 hours:

Who I can reach out to for support:

What I most need someone to say to me right now:
