

Autistic Burnout Warning Signs Tracker

Early recognition of burnout allows for earlier intervention. This tracker helps you notice the signs before they become a crisis.

Name: _____ Date: _____ Clinician: _____

What is autistic burnout? Burnout is a state of chronic exhaustion from sustained masking, sensory overload, and social demands. It is different from depression, though they can co-occur. Early recognition of warning signs allows for earlier intervention and recovery.

MY PERSONAL WARNING SIGNS

Rate how present each warning sign is for you right now (0 = not at all, 5 = severely present):

	0	1	2	3	4	5
My ability to speak or communicate has decreased			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more sensitive to sensory input than usual			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have lost skills or abilities I previously had			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am withdrawing from people and activities I usually enjoy			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyday tasks feel impossible or overwhelming			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am having more meltdowns or shutdowns than usual			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My sleep has significantly changed (too much or too little)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel emotionally flat, numb, or disconnected			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My executive function has significantly declined			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel profound exhaustion that rest does not fix			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CONTEXT & CONTRIBUTING FACTORS

What was happening in my life before burnout symptoms appeared?

Demands or stressors I have been carrying recently:

How long have I been experiencing these symptoms?

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Things I have reduced or stopped doing due to burnout:

REFLECTION & INTEGRATION

What does my body and mind most need right now?

One demand I can reduce or remove this week:

Who or what can support my recovery?
