

Your Burnout Checkpoint, Decoded

What your quiz result means, what it doesn't mean, and what to do in the next hour, day, and week – for the mild, the moderate, and the already-past-the-wall.

What Your Result Means

You answered five questions. You got a result. Maybe it confirmed what you already suspected – maybe it scared you. Either way: that result is not a verdict, it's a reading. It's where your energy budget stands right now, on the day you took it. Budgets change. Yours can too. This guide walks through each result – what it's really saying, the loop that keeps it stuck, and the small actions that actually move the number.

Mild – Running Warm, Not Burning

Running warm. The warning lights are flickering, not blazing. You're tired but functional – which is exactly why this is the best possible time to do something about it. Burnout rarely sneaks up on people who are already collapsed. It sneaks up on people who are 'fine.' Change is cheapest here, when it's still a choice and not a necessity.

If Your Result Was Mild

- **The hidden loop: you're not collapsed, so you keep going, and 'keep going' is what spends the reserve you don't know you have. Mild doesn't mean fine. It means the tank is half full and nothing is topping it up.**
- **One non-negotiable 10-minute reset: shower with the door locked. Coffee before anyone wakes up. The car parked for five minutes before you go in. Not optional, not 'if I have time.' Maintenance.**
- **The honesty check: notice the next time you say 'I'm fine' and ask yourself, 'Am I, though?' Say the real answer to at least one person this week. Out loud.**
- **The real day version: one reset you schedule in advance, with a start time and an end time. Unscheduled rest reads as negotiable – and the person negotiating it down is usually you.**

Moderate – The Danger Zone

Danger zone. The autopilot is running, the fuel light has been on for a while, and you've snapped at someone or been snapped at by your own body. You know something has to change and you don't know where to start – so the autopilot keeps flying. This is the stage where tired stops being a feeling and starts being a system failure that hasn't been declared yet.

If Your Result Was Moderate

- **The hidden loop:** you wait for a 'good time' to rest, and no good time comes, because the list is infinite and the autopilot is the one making it. Rest keeps losing to logistics.
- **Delegate one thing:** pick **ONE** task someone else could carry – a call, a pickup, a meal. Say the sentence. The world will not collapse. You are not the only person who can do the thing.
- **One appointment:** book one check-in for your own body this week. Doctors, dentist, therapist – the category doesn't matter as much as the act of being seen. Your body has been carrying everything and nobody has looked at it.
- **The real day version:** every time you catch yourself on autopilot, stop and name one thing you're doing 'because I always do' – and give yourself permission to skip exactly that one thing today.

Severe – Past the Wall

Full burnout. This is not a mood. It is not a run of bad weeks. It is the body forcing a stop when the mind wouldn't schedule one – and it looks like a stranger in the mirror, words getting expensive, skills you used to have going missing. The correct response is not a bubble bath and it is not a motivational quote. It is help. Real help, from real people, today.

If Your Result Was Severe

- **The hidden loop: you keep measuring yourself against who you were before, and every comparison proves you're 'failing' – which pushes you to push harder, which spends the only thing that would actually fix this: time and support.**
- **Say it out loud today: 'I am not okay. I need help.' To a doctor, a friend, a therapist, a helpline. The first sentence is the hardest one. It is also the one that starts the turn.**
- **Cut the non-essential load now: if it doesn't feed you, house you, or keep you safe, it can wait. The dishes can wait. The expectations can wait. You cannot.**
- **The real day version: one item off the list, one hour of unearned rest, one person who knows the truth. That is a full day's assignment. That's the whole program until you're stabilized.**

You're a Stage, Not a Diagnosis

Your result is a snapshot, not a sentence. People move between these stages all the time – severe today, moderate in three months, running warm a year from now. The direction of travel is negotiable. The skill is noticing which stage is asking, in the moment, and giving it the smallest thing that helps before it has to demand something bigger.

When You Need to Tell Someone

I'm not okay. I've been telling myself I am because it was easier than explaining. I need help, and I'm asking for it now.

When the Load Is Non-Negotiable

I can't do that this week. I'm not choosing not to. I genuinely can't. If you need me to explain later, I will – but right now I need the thing taken off my plate, not explained.

When the Guilt Speaks

Rest doesn't require a receipt. My body isn't checking my productivity before it lets me sleep. I'm doing maintenance. It's allowed.

When Rest Looks Like Failure

I'm not 'giving up.' I'm changing the math. Doing less today is how I get to do anything next month.

Your First 48 Hours

Tonight, do one micro-practice from your stage. Not all of them. One. Tomorrow, do it again, or swap. That's the whole program – the same program the quiz was pointing at when it gave you your result. If you got severe, let me say it one more time, because it's the most important sentence in this guide: you are not weak, you are not a failure, and asking for help is not the end of the road. It's the first step back onto it.

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