



## Dr. George Everly's *Burnout Club*

Do you really want to be a "Member"?

- Be a "perfectionist"; never accept anything less than perfection.
- Work at least TEN hours a day; work as many holidays as possible.
- Adhere to a diet of "fast foods" and candy bars.
- Adhere to inflexible idealism.
- Assume the responsibility for solving the problems of ALL your friends, family and co-workers.
- Never delegate any responsibility.
- Never say "NO"—try to please all of the people all of the time.
- Never waste time relaxing.
- Never exercise.
- Never take any time off for yourself; if you are ever forced to do so, feel as guilty as possible about it.
- You must remember that everyone else comes first—your needs come last.
- Above ALL, get emotionally involved in everything you do. Learn to empathize in all aspects of your life.